Canadian Legal Resources Centre Inc.
403-229-2774 • www.canadianlegal.org
UNCONTESTED DIVORCE
Legal Separation Agreements
Spousal Land Transfers
CRIMINAL RECORD?
Canadian Pardons • US Travel Waivers
Fingerprinting
21+ years experience.
Voted #1 Paralegal. Why pay more?
Open Monday to Saturday.

WHY HIRE A DIET COUNSELLOR?
A NEW STUDY TELLS YOU WHY {page 15}

BARE
ADAMS' FANS KEEP HIM GOING
SCENE {page 11}

CALGARY metro®
Tuesday, November 16, 2010
www.metronews.ca
News worth sharing.

Volleyball. Tune-up

▶ Aimee Cowley of the Calgary Police Service Sharp Shooters and Grade 11 student Jon Straub, 16, of the Forest Lawn Titans.

KATIE TURNER/FOR METRO

Cops face Titans prior to Games

Women from the Calgary Police Service's volleyball team challenged the senior boys at Forest Lawn High School yesterday. The Titans took the CPS Sharp Shooters in three sets, in the ladies' warmup for the World Police and Fire games in 2011.

An MBA keeps failure at bay

Metro's MBA Guide is here to educate you {pages 20-23}

Flames forward faces up to it

Sutter apologizes for altercation with cabbie {page 24}

City nurses lend hands at blast site

- **Two vacationing Calgarians were among first responders to deadly explosion at Mexican resort**
- **Crisis counsellors were at the Drumheller school of nine-year-old John Charmont, who died in the incident**

DARREN KRAUSE
@METRONEWS.CA

Calgary ER nurse Pam Bosnak felt like she was at the Grand Riviera Princess resort for all the right reasons.

Bosnak and fellow Calgary nurse Karen Murphy were on a Sunwing vacation when a blast crippled the resort, killing seven, including a father and son from Drumheller, and injuring several others Sunday morning.

Bosnak, who works at the Alberta Children's Hospital in Calgary, had walked by the Platinum Lounge, where the explosion occurred, only moments earlier, on her way down to the resort beach.

"When we heard the blast, we both just jumped up and instinct took over," Bosnak, a 40-year resident of Calgary, said.

Both reached the scene and immediately started triaging patients, eventually helping construct makeshift stretchers and splints made from blankets thrown down by other vacationers.

Brutal force

- The explosion blew out windows in the Platinum Lounge and left behind a metre-deep crater, littering the lawn with concrete and metal debris and shards of glass.
- One guest said the blast was so powerful it sucked the air out of the thatched-roofed buildings and tossed around guests in nearby rooms and hallways.

"It was so surreal — the building that was there seven minutes earlier was no longer there," she said.

Bosnak has since returned home and, having had time to let things sink in, she says she is aware that she was possibly minutes away from her own demise — and that her heart is with the families dealing with the tragedy

"I believe my time was meant to be there to help at that moment — not to be under the rubble," she said.

EXPERTS DISPUTE MEXICAN AUTHORITIES' THEORY AS TO BLAST'S CAUSE, PAGE 6

FINAL COBALT CLEAROUT

SPECIAL PURCHASE
only dealer with remaining inventory

89 remain

Stock No.	Model	Sale Price	Additional Equipment From Base Price
[illegible]	COBALT LS COUPE	$10,920	
[illegible]	COBALT LS COUPE	$10,920	
[illegible]	COBALT LS COUPE	$13,645	Air Conditioning, Automatic Transmission
[illegible]	COBALT LS COUPE	$13,645	Air Conditioning, Automatic Transmission
[illegible]	COBALT LS COUPE	$13,645	Air Conditioning, Automatic Transmission
[illegible]	COBALT LS COUPE	$13,645	Air Conditioning, Automatic Transmission
[illegible]	COBALT LS SEDAN	$13,935	Air Conditioning, Automatic Transmission, Premium Stereo
[illegible]	COBALT LS COUPE	$14,015	Air Conditioning, Automatic Transmission, Premium Stereo, Carpet Mats
[illegible]	COBALT LS COUPE	$14,015	Air Conditioning, Automatic Transmission, Premium Stereo, Carpet Mats
[illegible]	COBALT LS SEDAN	$14,195	Air Conditioning, Automatic Transmission, XM Satellite Radio, AU Weather Mats
[illegible]	COBALT LS COUPE	$14,315	Air Conditioning, Automatic Transmission, XM Satellite Radio, AU Weather Mats
[illegible]	COBALT LT COUPE	$12,950	
[illegible]	COBALT LT COUPE	$12,950	
[illegible]	COBALT LT COUPE	$13,350	Cruise Control
[illegible]	COBALT LT COUPE	$13,350	Cruise Control
[illegible]	COBALT LT COUPE	$13,770	Cruise Control, Rear Spoiler
[illegible]	COBALT LT COUPE	$13,770	Cruise Control, Rear Spoiler
[illegible]	COBALT LT COUPE	$14,140	Cruise Control, 2ZD Appearance Package
[illegible]	COBALT LT COUPE	$14,250	Automatic Transmission
[illegible]	COBALT LT SEDAN	$14,250	Automatic Transmission
[illegible]	COBALT LT SEDAN	$14,250	Automatic Transmission
[illegible]	COBALT LT COUPE	$14,580	Automatic Transmission, Remote Start
[illegible]	COBALT LT COUPE	$14,725	Automatic Transmission, Cruise Control
[illegible]	COBALT LT SEDAN	$14,725	Automatic Transmission, Cruise Control
[illegible]	COBALT LT COUPE	$14,955	Automatic Transmission, Remote Start, Premium Sound Package
[illegible]	COBALT LT SEDAN	$14,955	Automatic Transmission, Remote Start, Premium Sound Package
[illegible]	COBALT LT SEDAN	$14,955	Automatic Transmission, Remote Start, Premium Sound Package
[illegible]	COBALT LT SEDAN	$14,980	Automatic Transmission, Remote Start, Cruise Control
[illegible]	COBALT LT SEDAN	$14,980	Automatic Transmission, Remote Start, Cruise Control
[illegible]	COBALT LT SEDAN	$14,980	Automatic Transmission, Remote Start, Cruise Control
[illegible]	COBALT LT SEDAN	$15,100	Automatic Transmission, Remote Start, Cruise Control, Premium Floor Mats
[illegible]	COBALT LT COUPE	$15,125	Team Canada Edition
[illegible]	COBALT LT COUPE	$15,125	Team Canada Edition
[illegible]	COBALT LT COUPE	$15,150	Automatic Transmission, Remote Start, Premium Sound, Premium Paint
[illegible]	COBALT LT COUPE	$15,175	Automatic Transmission, Remote Start, Cruise Control, Premium Paint
[illegible]	COBALT LT SEDAN	$15,175	Automatic Transmission, Remote Start, Cruise Control, Premium Paint
[illegible]	COBALT LT SEDAN	$15,175	Automatic Transmission, Remote Start, Cruise Control, Premium Sound
[illegible]	COBALT LT SEDAN	$15,355	Automatic Transmission, Remote Start, Cruise Control, Premium Sound
[illegible]	COBALT LT SEDAN	$15,355	Automatic Transmission, Remote Start, Cruise Control, Premium Sound
[illegible]	COBALT LT COUPE	$15,375	Automatic Transmission, Remote Start, 2ZD Appearance Package
[illegible]	COBALT LT SEDAN	$15,375	Automatic Transmission, Remote Start, 2ZD Appearance Package
[illegible]	COBALT LT SEDAN	$15,375	Automatic Transmission, Remote Start, 2ZD Appearance Package
[illegible]	COBALT LT COUPE	$15,690	Automatic Transmission, Remote Start, Cruise Control, On Star, Premium Paint, Floor Mats
[illegible]	COBALT LT COUPE	$15,750	Automatic Transmission, Premium Sound, 2ZD Appearance Package
[illegible]	COBALT LT COUPE	$15,750	Automatic Transmission, Premium Sound, 2ZD Appearance Package
[illegible]	COBALT LT COUPE	$15,750	Automatic Transmission, Premium Sound, 2ZD Appearance Package
[illegible]	COBALT LT COUPE	$15,750	Automatic Transmission, Premium Sound, 2ZD Appearance Package
[illegible]	COBALT LT COUPE	$15,775	Automatic Transmission, Remote Start, Cruise Control, Premium Sound, Rear Spoiler
[illegible]	COBALT LT COUPE	$15,775	Automatic Transmission, Remote Start, Cruise Control, Premium Sound, Rear Spoiler
[illegible]	COBALT LT COUPE	$16,045	Automatic Transmission, Remote Start, Premium Sound, 2ZD Appearance Package
[illegible]	COBALT LT COUPE	$16,045	Automatic Transmission, Remote Start, Premium Sound, 2ZD Appearance Package
[illegible]	COBALT LT COUPE	$16,045	Automatic Transmission, Remote Start, Cruise Control, Premium Sound, 2ZD Appearance Package
[illegible]	COBALT LT COUPE	$16,150	Automatic Transmission, Remote Start, Cruise Control, Premium Sound, 2ZD Appearance Package
[illegible]	COBALT LT COUPE	$16,150	Automatic Transmission, Remote Start, Cruise Control, Premium Sound, 2ZD Appearance Package
[illegible]	COBALT LT COUPE	$16,150	Automatic Transmission, Remote Start, Cruise Control, Premium Sound, 2ZD Appearance Package
[illegible]	COBALT LT COUPE	$16,150	Automatic Transmission, Remote Start, Cruise Control, Premium Sound, On Star, Rear Spoiler
[illegible]	COBALT LT COUPE	$16,170	Automatic Transmission, Remote Start, Cruise Control, Premium Sound, 2ZD Appearance Package, Floor Mats
[illegible]	COBALT LT COUPE	$16,270	Automatic Transmission, Remote Start, Cruise Control, Premium Sound, 2ZD Appearance Package, Floor Mats
[illegible]	COBALT LT COUPE	$16,270	Automatic Transmission, Remote Start, Cruise Control, Premium Sound, Premium Paint, 2ZD Appearance Package
[illegible]	COBALT LT COUPE	$16,345	Automatic Transmission, Remote Start, Cruise Control, Premium Sound, Premium Paint, 2ZD Appearance Package, Floor Mats
[illegible]	COBALT LT COUPE	$16,465	Automatic Transmission, Remote Start, Cruise Control, Premium Sound, Premium Paint, 2ZD Appearance Package
[illegible]	COBALT LT COUPE	$16,530	Automatic Transmission, Remote Start, Cruise Control, Premium Sound, Premium Paint, On Star, Rear Spoiler
[illegible]	COBALT LT SEDAN	$16,556	Automatic Transmission, Remote Start, Cruise Control, Premium Sound, Premium Paint, On Star, Rear Spoiler
[illegible]	COBALT LT SEDAN	$16,755	Automatic Transmission, Remote Start, Team Canada Edition
[illegible]	COBALT LT SEDAN	$16,965	Automatic Transmission, Remote Start, Team Canada Edition, Premium Paint

Prices do not include taxes and fees, errors and omissions exempt

starting at $10,920

Cobalt LT $12,950

THIS IS IT !!!

CMP GM
CHEVROLET Cadillac BUICK GMC

403-539-6004
cmpauto.com

CHEVROLET
BUICK
GMC
Cadillac
CMP

AMVIC LICENSED

CORNER OF 16TH AVE & 36 ST. N.E. MONDAY - THURSDAY 8AM-9PM FRIDAY 8AM-6PM SATURDAY 9AM-6PM

Broad cuts could be in works: Aldermen

Special meeting of council will be held today, tomorrow Mayor asked administration to find an additional $35 million in possible cuts for council to review

With council set to receive a list of potential budget cuts totalling at least $35 million, there could be across-the-board trimming rather than a focus on specific business units, said two city aldermen.

Ald. Ray Jones has yet to see the possible list of cuts put together by the administration.

"I'm kind of expecting to see more or less an across-the-board cut because you can't start exempting too many people or it's going to put a heavier hit on others," said Jones.

There is one area, however, that Jones said he believes could be reduced in the budget.

"The two that I always tend to want to cut are IT and communications," he said. "I have a hard time cutting anything to do with emergency services."

Ald. Andre Chabot said parks and recreation is one area that should be spared.

"Parks and rec has always been cut to the bone," said Chabot. "They're so under-resourced. I really don't think there's going to be additional cuts to find in those departments."

KATIE TURNER

'Big changes'

- The two-day meeting will also address council's priorities and city strategy.
- "I expect the mayor is going to want to make some pretty big changes in regards to process," said Ald. Andre Chabot.

METRO FILE

▶ Calgary aldermen will be mulling over possible budget cuts as they prepare to pare down another $35 million from the budget.

Man faces child porn charges

A Sylvan Lake man is facing a number of child pornography charges following his arrest last Wednesday.

The Alberta Law Enforcement Response Team (ALERT) has charged Andrew John Tettersel, 33, with possession of child pornography, accessing child pornography, making child pornography, and making child pornography available.

Tettersel is not currently in police custody but has had court conditions placed on his release.

He is not to have any contact with any child under 16 years of age. He is also not to have access to any computers or the Internet.

Tettersel will appear in Red Deer provincial court on Jan. 14. METRO

ICE

- ALERT's integrated child exploitation (ICE) unit, along with Sylvan RCMP, laid the charges.
- ICE investigates sexual exploitation of children through the Internet.
- ALERT is an umbrella organization formed by the Alberta government, made up of multiple law-enforcement resources.

For more news visit metronews.ca/calgary

News in brief

Missing hiker found dead

SEARCH. A man in his 50s has been discovered dead by Parks Canada wardens after being reported missing on Monday. The hiker had failed to return from a solo hike on the Highline Trail near Lake Agnes. The cause of the death is still unknown at this time.

METRO

RCMP seize 181 pot plants

CRIME. Airdrie RCMP seized 181 marijuana plants after executing a search warrant on a home in the Prairie Springs subdivision Friday. No one was at the residence at the time the warrant was executed. Marijuana with an approximate street value of $225,000 was seized. RCMP continue to investigate.

METRO

1 news

Despite surge in support, overturn of Don't Ask Don't Tell seems unlikely. Scan code for story.

1 Download the free ScanLife application with your smartphone at 2dscan.com

2 Use the ScanLife application on your smartphone to scan 2D barcodes in Metro

3 The codes will direct your mobile browser to relevant content at m.metronews.ca

On the web at metronews.ca

Allan Small on why paying attention to world events is critical for investors. More at metronews.ca/investing

Follow us on Twitter @metrocalgary

Christmas Giveaway
WIN 1 of 3 3/4 carat tw Lady's Diamond Rings
Jewellers Since 1919
BRESLAUER & WARREN
Appraised Value $3285 Each
141 - 6 Ave SW across from Suncor 403-252-9048 www.breslauerwarren.com
Name
Phone Number
Enter this ballot in store to WIN
No purchase necessary
Draw on November 27, 2010

Getting set for snowfall

Commuters may be stuck behind a wall of snow plows this winter
City mechanics facing a lineup of Calgarians wanting to prepare their cars for winter weather

KATIE TURNER
CALGARY@METRONEWS.CA

With Calgary's first major snowfall of the winter forecasted for last night, city crews and Calgarians prepared to face the cold.

Taking a new approach to snow removal, the city will be practising echelon plowing this winter on major thoroughfares, said transportation spokesperson Sean Somers.

"Echelon plowing is the use of several plows staggered across all lanes of a roadway," said Somers.

"So what that allows us to do, in essence, is clear the road in one path."

He said drivers may initially be slowed by plows covering all lanes of traffic at once, but it will save time in the long haul.

"Obviously those trucks aren't going to be travelling at 70 or 80 km/h, like traffic typically is — they may only be going 40 or 50 km/h, but the tradeoff there is after one pass, that roadway will be clean."

Somers said crews were working quickly yesterday to prepare trucks, stockpiling sand and salt and mixing up pickle — a combination of gravel and salt.

Mechanics at Kal Tire in the northeast were also working feverishly to prepare a lineup of Calgarians for winter driving.

"We had about 10 people waiting outside the doors for when we opened at 7:30 a.m. today," said manager Steve Vany.

"We've been running about 25 to 30 work orders constantly all day. As fast as we clear out five or six, there's five or six more."

Vany said he's expecting today to be at least twice as busy.

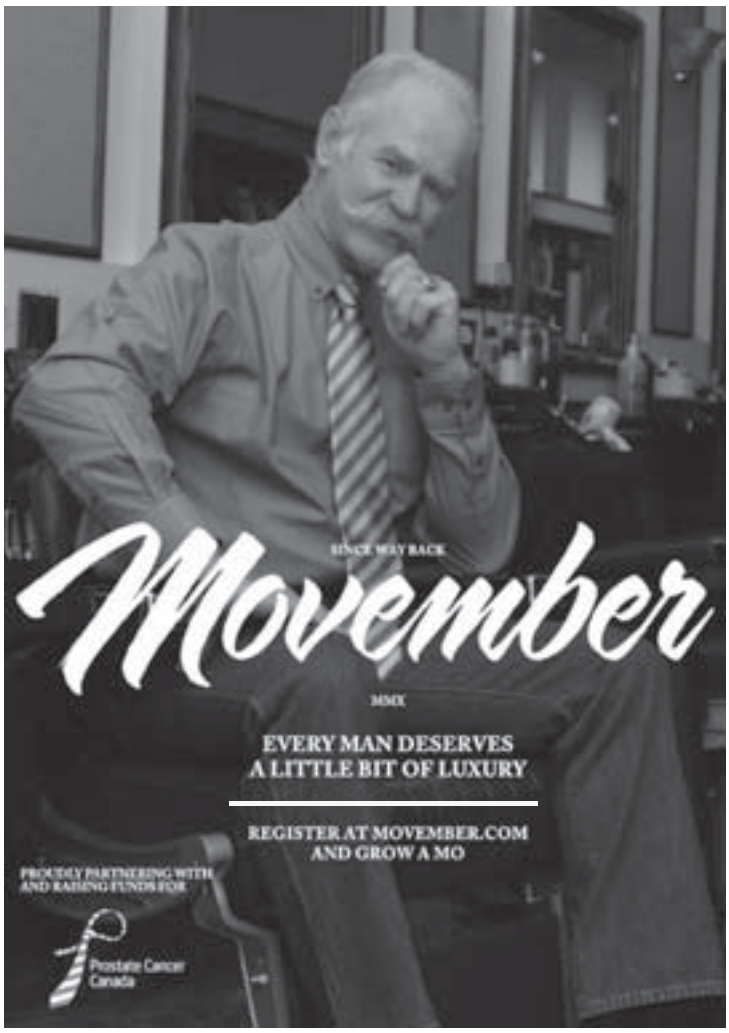
"It will probably be two to three weeks of craziness."

Hitting the street

- Sean Somers said the city's full crew was on hand last night, with about 90 people working and others on call.
- Somers said it's important that drivers stay at least 10 metres behind plows. "While we're out there trying to do the best job we can, we sort of do it as a shared responsibility," he said.

METRO CALGARY FILE

▶ Calgary road workers prepare trucks for the season's first major snowfall in this file photo.



News in brief

THE CANADIAN PRESS

▶ Danny Vacon

Songwriter takes home cash prize

MUSIC. Calgary musician Danny Vacon earned himself some extra cash by coming in first place in the All-Albertan Song Contest. Vacon, who fronts two Calgary bands — The Dudes and the Dojo Workhorse — won $10,000 from ATB Financial, and $2,000 to record his song Gold and Green.

Vacon was one of six finalists in the contest, which saw nearly 5,000 votes cast online.

METRO

Tailings pond not leaking: Minister

OILSANDS. Alberta's environment minister is dismissing reports that a three-sided oilsands tailings pond is leaking toxic sludge.

Rob Renner says while inspectors are on site northwest of Fort McMurray to check the pond, their initial survey shows no leak. Renner was responding to media reports that tainted sludge is leaking in and out of the pond, which is operated by Calgary-based Canadian Natural Resources Limited.

THE CANADIAN PRESS

Hunting guide gets jail term

SENTENCING. In a rare move, an Alberta hunting guide has been sentenced to jail for poaching wildlife.

Sustainable Resource Development says Dollard Dallaire of North Star was sentenced to four months in jail on Nov. 9 and is banned from being a hunting guide for five years.

In July, Dallaire was fined $55,200 for guiding hunts that resulted in the illegal killing of 35 black bears, moose, deer and other animals. At that time he was also banned from hunting or leading hunts for two years.

Dallaire had pleaded guilty to hunting without a licence and unlawful possession of wildlife.

THE CANADIAN PRESS

Housing starts to leap in 2010, slow the next year

Calgary housing starts are expected to show a large increase in 2010 before stabilizing in 2011, according to Canada Mortgage and Housing Corporation.

According to yesterday's Fall 2010 Calgary Housing Market Outlook report, housing starts in the city are expected to increase from 6,318 units in 2009 to 9,100 units in 2010.

In 2011, however, housing starts are expected to slow to around 8,900, due to higher numbers of new and existing homes in the market.

METRO

$401,000
The average resale price expected for 2011.

$399,000
The average resale price for homes in 2010.

ROGERS™ authorized dealer

CALGARY

Deerfoot Meadows
(403) 253-1800
Northland Village
(403) 247-8415
Marlborough Mall
(403) 248-5554
Chinook Plaza
(403) 252-2227
Macleod Trail Co-op Shopping Centre
(403) 287-0870
Airways Mall
(403) 291-6801
RioCan Shawnessy
(403) 254-6901
The Shoppes of Marda Loop
(403) 974-3150
Gulf Canada Square
(403) 561-3831
Petro-Canada Centre
(403) 532-5994
RioCan Beacon Hill
(403) 295-8006
South Trail Crossing
(403) 257-6655
Crowfoot Crossing
(403) 215-7300
17th Avenue Village
(403) 974-3150
Beddington Towne Centre
(403) 216-9363
Centre Mall
(403) 230-3380
London Town Square
(403) 219-2113

ROGERS plus

CALGARY

Beddington Towne Centre
(403) 295-6446
Forest Lane Shopping Centre
(403) 248-6464
Millrise Plaza
(403) 256-2015
Centre Street
(403) 277-7750
Southwood Corner
(403) 255-0202
Trans Canada
(403) 235-2121
Spring Hill Village
(403) 288-1441
London Place West Shopping Centre
(403) 246 7333
5244 Falsbridge Gate NE
(403) 280-5533
5005 Dalhousie Dr. NW
(403) 215-2505
5149 Country Hills Blvd. NW
(403) 215-2500
2525 Woodview Dr. SW
(403) 281-3381
Douglas Square at Deerfoot
(403) 203-0626
8303 Fairmount Dr. SE
(403) 252-5533
Market Mall
(403) 202-0200
Sunridge Mall
(403) 280-5151
Chinook Centre
(403) 253-0229
Southcentre Mall
(403) 225-6593
North Hill Centre
(403) 202-1801
Deerfoot Mall
(403) 275-3500

IF IT ISN'T IN HD, HOW MERRY CAN IT BE?
SAMSUNG
Sony Ericsson
facebook
YouTube
FROM $19.99* with select 3-yr. term plans
HD SMARTPHONES
With the hottest new HD smartphones from Rogers, you get crystal clear, hi-def images like you've never seen before. Now you can lose yourself in games, apps, surfing and videos right on your phone. Seeing is believing. And once you do, you'll agree, everything's better in HD.
ONLY AT ROGERS™

VISIT **ROGERS.COM/HDPHONES** FOR MORE INFORMATION.

ROGERS™ authorized dealer · ROGERS plus · «WIRELESSWAVE» · WIRELESS etc... · COSTCO WHOLESALE · FUTURE SHOP · sony style · booth wireless · BEST BUY · Walmart

*Offers available Nov 5, 2010 and subject to change without notice. Not all products available at all locations. Acer Liquid E $19.99 and Samsung Galaxy S Captivate $179.99; each with new activation on any 3-yr. term Voice & Data plan having min. $50 monthly service fee. Dell Streak $149.99 with new activation on any 3-yr. term Voice & Data plan. Sony Ericsson Vivaz Pro $49.99 with new activation on any 3-yr. term Voice plan. Taxes extra. Early cancellation fees apply. © 2010

Hotel explosion story may not pass the sniff test

Building sits over one of world's best known cave systems A cave was directly beneath lobby: Reports

Some experts are skeptical about a claim by Mexican authorities that a previously undetected mass of swamp gas caused the deadly explosion beneath the Grand Riviera Princess Hotel.

Within hours of the blast that killed seven people, including five Canadians, officials were pointing to that explanation, but there are doubters.

Authorities say methane and other gases from a nearby swamp drifted into a cavern beneath the hotel, built up to high levels and were ignited by a spark from a cooking device.

But Bil Phillips, a Canadian based in the state that leads tours of underwater caves, says the chance of a natural buildup of gases in one of the caves would be unlikely, if not impossible.

"It would sound to me like a gas accumulation was from their gas pipes," said Phillips.

THE CANADIAN PRESS

Precedent

Police investigations into past Canadian deaths in Mexico have come under scrutiny.

- The 2006 murder of an Ontario couple at a Mayan Riviera hotel was criticized for poor handling of forensic evidence.
- Last month, the family of an Ottawa-area businessman helped to track down his body in a burned-out rental car in Guerrero state, on the western side of the country.

ISRAEL LEAL/THE ASSOCIATED PRESS

▶ Relatives of Alberta resident Darlene Ferguson, who did not want to be identified, leave the state prosecutor's office yesterday after filling out paperwork to claim Ferguson's body in Cancun, Mexico.

100% security.
It's a good place to start.

Protect your money with a BMO high-rate GIC.

Get guaranteed interest for 3 years when investing $1,000 to $20,000. Feel confident knowing that your investments are going to grow. Invest in a BMO® high-rate GIC* today. It's one way to keep more of your money.

For more ways to make sense of saving and investing follow BMO SmartSteps® for Investing. Just visit a branch and talk to a BMO investment professional today. For more info, call 1-877-CALL BMO or visit bmo.com/smartinvesting

2.3% GIC interest rate

BMO Bank of Montreal
Making money make sense®

*The BMO high-rate GIC is a non-registered 3-year BMO Term Deposit Receipt available in Canadian dollars only. Maximum of one BMO high-rate GIC per customer. The BMO high-rate GIC is redeemable prior to the maturity date at pre-determined rates. This offer may be changed or withdrawn at any time without notice. Additional terms and conditions apply. ®Registered trade-marks of Bank of Montreal.

Irish ask EU for help with debt

- Ireland concedes it's talking to EU on managing debt crisis
- Denies seeking to tap aid fund

Debt-burdened Ireland is talking with other European Union governments about how to handle its troubled finances, officials said yesterday as the continent's debt crisis plagued markets and policymakers across Europe.

Irish officials denied the talks were aimed at getting a financial lifeline from the EU's bailout fund.

EU chiefs meeting in Brussels today are anxious to quell market fears of an eventual Irish debt default. Those fears are driving up the borrowing costs of other EU nations saddled with red ink, notably Greece, Spain and Portugal.

Analysts said investors needed the finance ministers in Brussels to offer a clear path forward.

THE ASSOCIATED PRESS

Higher deficit

Adding to the pressure on euro-zone finance ministers, the European Union's statistics agency said yesterday that Greece's 2009 budget deficit and debt were significantly higher than previously estimated.

N.J. Legislation

▶ John Otto, 17, of Haddonfield, N.J., listens to a question about his suffering through bullying at Haddonfield Memorial High School, as he stands at a podium with his mother Kim Otto.

MEL EVANS/THE ASSOCIATED PRESS

Out to beat the bullies

A group of people held signs while standing outside the New Jersey Statehouse as lawmakers hold hearings inside into a bill that would toughen New Jersey's anti-bullying laws.

Killer mom knew right from wrong: Jury

An Ontario mother who murdered her two young daughters knew right from wrong when she drowned the girls in a bathtub and then posed their bodies holding hands, a jury found yesterday.

Elaine Campione's whole body began to shake and she burst into loud sobs after the jury found her guilty of two counts of first-degree murder in the deaths of her daughters Serena, 3, and Sophia, 19 months. The defence had conceded from the beginning that Campione drowned her children in October 2006, just days before a family court appearance at which her ex-husband was to fight for custody.

THE CANADIAN PRESS

HANDOUT/THE CANADIAN PRESS

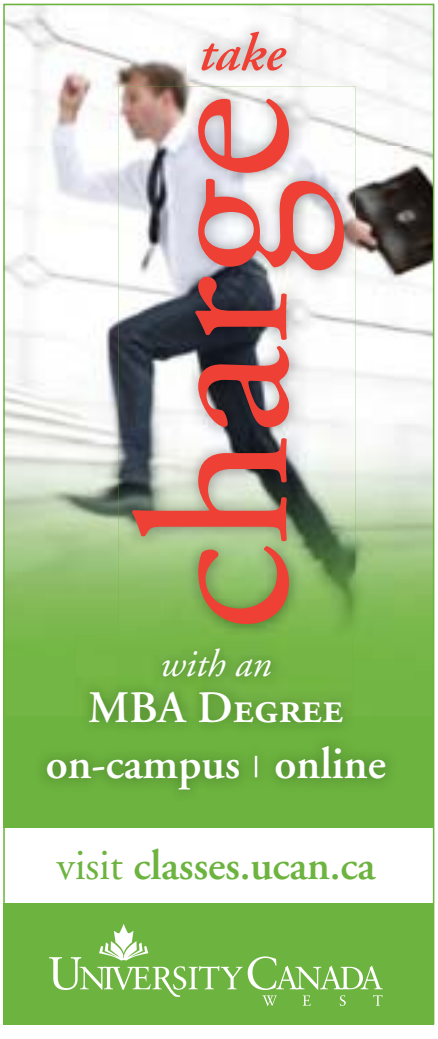
▶ Elaine Campione with her two daughters.

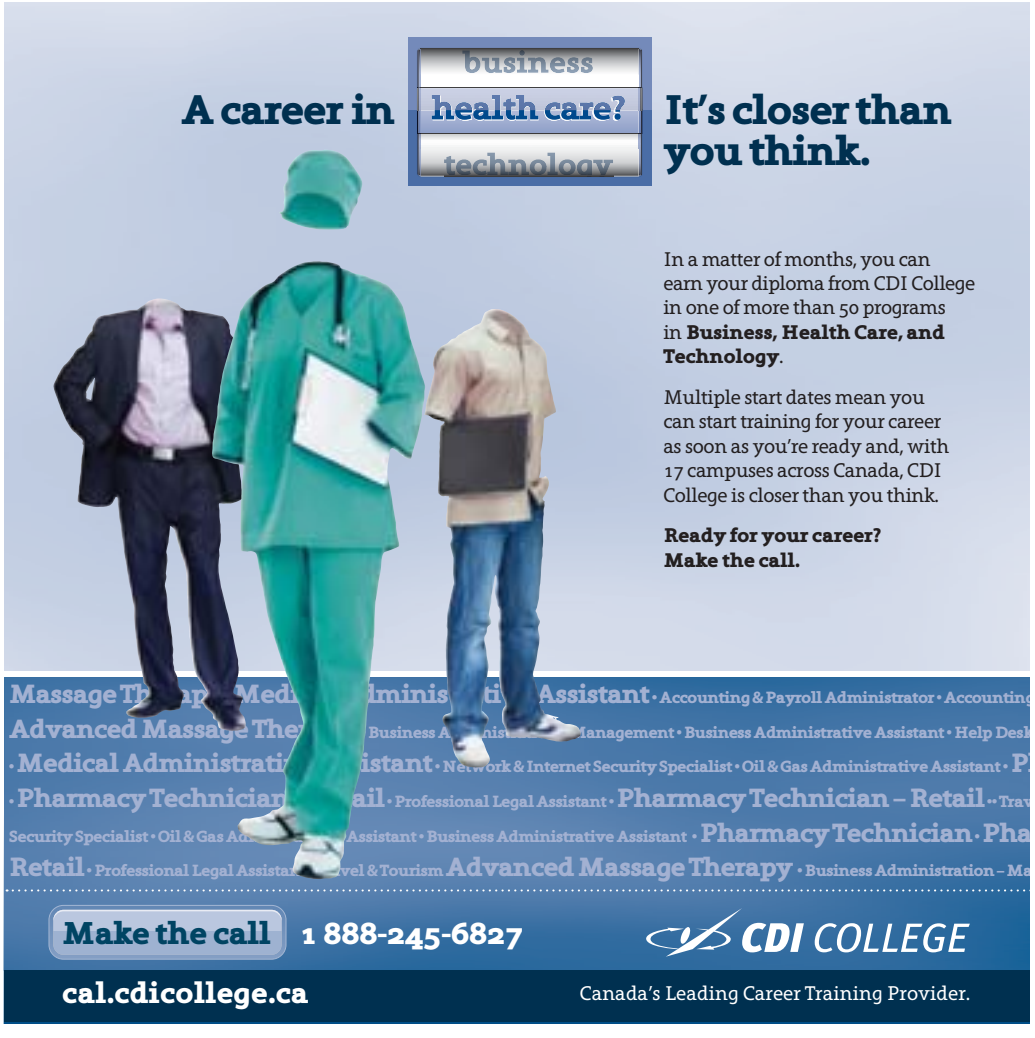
Buy a truck, get a free AK-47 rifle

A Florida car dealership is trying to drum up business by offering an unusual perk for potential used-truck buyers: A free AK-47 assault rifle. General sales manager Nick Ginetta says that since the promotion was announced on Veterans Day, business has more than doubled.

THE ASSOCIATED PRESS

$400 Customers would have to pass a background check before using the $400 US gun shop voucher. They also have the option of using the money toward other firearms, or they can request a cheque in that amount instead.




A career in
business
health care?
technology
It's closer than you think.
In a matter of months, you can earn your diploma from CDI College in one of more than 50 programs in Business, Health Care, and Technology.
Multiple start dates mean you can start training for your career as soon as you're ready and, with 17 campuses across Canada, CDI College is closer than you think.
Ready for your career? Make the call.
Make the call 1 888-245-6827
CDI COLLEGE
cal.cdicollege.ca
Canada's Leading Career Training Provider.

Market moment

TSX	Dollar	Oil	Natural gas 1,000 cu ft	Gold contracts
– 13.83 (12,735.41)	+ 0.02¢ US (99.12¢ US)	– 2¢ US ($84.86 US)	$3.845 (+ 4.6¢)	$1,368.50 (+ $3.00)

PHOTOS.COM, VEER/GETTY

REAL ESTATE

Housing market on rebound

Canadian home sales volume rose in October for the third month in a row as the market continued to rebound from a trough hit in July following months of revved up activity in early 2010 and late 2011.

The Canadian Real Estate Association said that home sales on its Multiple Listing Service climbed 4.6 per cent in October, following similar increases in August and September.

CREA says October's gains are a further sign the market is returning to normal and is balanced, which means favouring neither buyers nor sellers.

Housing market activity now sits 13.3 per cent above July levels, when it reached a low-point for the year. Still, sales activity was 21.6 per cent levels reported last October, when activity set a new record for the month.

Pascal Gauthier, senior economist at TD Economics said October's figures were indicative of a "soft landing" in the housing market.

"The last three months of data suggest that a trough in resale housing activity may have formed earlier than we expected."

THE CANADIAN PRESS

Facebook takes aim at email with Titan

JUSTIN SULLIVAN/GETTY IMAGES

▶ Facebook founder and CEO Mark Zuckerberg announces a new messaging system in San Francisco yesterday.

◗ Canadians have to wait ◗ Service to be phased in over several months

Facebook unveiled a new messaging platform yesterday that takes aim at one of the Internet's first applications: email.

Although blogs had been speculating that Facebook would announce an email service to rival Google Inc.'s Gmail and others, Facebook said email was just one component of its plans.

Declaring email past its prime in the age of texts and instant messages, CEO Mark Zuckerberg said the company doesn't believe email is going to be a modern messaging system.

"If we do a good job, some people will say this is the way that the future will work," he said.

Users will be able to get a facebook.com address to go along with their account. But Zuckerberg dismissed notions that Project Titan, as its service was called internally, is the "Gmail killer" it's been dubbed.

But he also said that just as students are forgoing email in favour of shorter, more immediate chats, more people down the line will send IMs and chats because it's simpler, "more fun" and more valuable to use. THE ASSOCIATED PRESS

Death of email?

- **Though email** is still a primary form of communication for older adults, studies suggest this is not the case for young people.
- **Text messaging** has surpassed face-to-face contact, email, phone calls and instant messaging as the primary form of communication for U.S. teens.

PARENTS AND STUDENTS JOIN US

FREE SAIT INFO SESSIONS

ENVIRONMENTAL TECHNOLOGY

Want a career that really makes a difference? Environmental Technology combines a laboratory orientation with a broad theoretical background to provide you with the skills you'll need to work in the lab or in the field. As an Environmental Technologist you'll work in the protection, conservation and preservation of our natural environment.

Join us on Tuesday, November 16 at 7:00 pm in Room MA 128 in the Heritage Hall Building.
Call 403. 284.8451 or E-mail: energy.mse@sait.ca to confirm your attendance or for more information.

INSTRUMENTATION ENGINEERING TECHNOLOGY

What's your measurement for success? In the Instrumentation Engineering Technology program you'll receive theoretical and practical training in the operation and maintenance of automated process control and measurement systems. Instrumentation Engineering Technologists apply knowledge and principles of pneumatic, electronic and microcomputer systems to measure and control pressure, flow, temperature level, chemical composition and other processes.

Join us on Tuesday, November 16 at 7:00 pm in Room MA 112 in the Heritage Hall Building.
Call 403. 284.8451 or E-mail: energy.mse@sait.ca to confirm your attendance or for more information.

PETROLEUM ENGINEERING TECHNOLOGY

Want a career you can really dig? In the Petroleum Engineering Technology program you'll be trained in all areas of the upstream petroleum industry from exploration, field operations, drilling, computer applications, economic analysis and reserves determination. From the office to the field, Petroleum Engineering Technologists are responsible for many of the technical activities involved in the production of oil and gas from conventional reserves, as well as from heavy oil and oil sands.

Join us on Tuesday, November 16 at 7:00 pm in Room MA 106 in the Heritage Hall Building.
Call 403. 284.8451 or E-mail: energy.mse@sait.ca to confirm your attendance or for more information.

INFORMATION TECHNOLOGY - TELECOM SYSTEMS

If you would like to be part of the high tech generation who likes to provide solutions, harness the power of the latest software, go wireless and connect leading edge devices near and far, then the Telecom Systems major is for you.

Join us on Wednesday, November 17 at 7:00 pm in Room MD 215 in the Heart Building.
Call 403.210.4076 or E-mail: lisa.bishop@sait.ca to confirm your attendance or for more information.

BACHELOR OF APPLIED TECHNOLOGY INFORMATION SYSTEMS

The BAIS applied degree program in Network Management is a combination of technical and business studies that is designed to give students a unique perspective on this exciting field of study.

Join us on Wednesday, November 17 at 7:00 pm in Room MD 320 in the Heart Building.
Call 403.284.8120 or E-mail: maria.saunders@sait.ca to confirm your attendance or for more information.

INFORMATION AND COMMUNICATION TECHNOLOGIES

Now is the time to train in one of SAIT's accelerated, skills-based FAST TRACK Information Technology programs and launch your career as an IT professional in just 8 months! Seats are available for the following programs:

• Business Intelligence: Data Analysis and Reporting • Database Administrator • Technology Infrastructure Management • Network Technician • Object-Oriented Software Developer

Join us on Wednesday, November 17 at 7:00 pm in Room MD 321 in the Heart Building.
Call 403.284.7149 or E-mail: fast-track@sait.ca to confirm your attendance or for more information.

AVIATION

A career that will take you to new heights! Aviation programs available in: Aircraft Structures Technician, Avionics Technology and Aircraft Maintenance Engineers Technology.

Join us on Tuesday, November 16 at 7:00 pm at the Art Smith Aero Centre – 1916 McCall Landing NE.
Call 403.284.7018 or E-mail: aerocentre@sait.ca to confirm your attendance or for more information.

SCHOOL OF CONSTRUCTION- TECHNOLOGY PROGRAMS

Are you looking for a career and not just a job? Do you what to visualize your dreams, design, engineer and survey future structures, communities and processing facilities? Students and parents are invited to attend our FREE information sessions on the School of Construction technology programs.

• Architectural Technologies • Engineering Design and Drafting Technology • Geomatics Engineering Technology [Surveying & Mapping]
• Civil Engineering Technology • Bachelor of Applied Technology Geographic Information Systems
• Process Piping Drafting Certificate – 33 week Fast Track

FREE GIS Workshop – for details visit the Events and Information Sessions page at the School of Construction at sait.ca

Join us at Wednesday, November 17 at 7:00 pm, Chinook Lodge, in the rotunda of the Senator Burns Building.
Call 403.284.8367 or E-mail: construction.info@sait.ca to confirm your attendance or for more information.

SCHOOL OF CONSTRUCTION - TRADES PROGRAMS

Considering a career in the skilled trades? Students and parents are invited to attend our FREE information sessions on the School of Construction's Electrical, Mechanical and Building Trades programs.

Join us at Wednesday, November 17 at 7:00 pm in Room T114 in the Thomas Riley Building.
Call 403.284.8367 or E-mail: construction.info@sait.ca to confirm your attendance or for more information.

FURTHER YOUR PASSION

SAIT POLYTECHNIC

NO LOVE FOR YOUR FRIEND'S NEW GUY

She says ...

JESSICA NAPIER

Good friends are like the family you choose. Friends' significant others, on the other hand, are thrust upon you whether you like it or not.

A pal's new beau can go from complete stranger to social circle staple in a matter of weeks. So what happens when a new boyfriend or girlfriend, who is suddenly around all the time, is kind of awful?

Someone who makes you seriously concerned for your friend's emotional or physical well-being is one thing; these situations require immediate intervention. But sometimes our closest friends choose partners that, for whatever reason, we just don't like. Maybe Mr. New Guy is incredibly loud and obnoxious, maybe he flirts a little too much with other girls, or maybe he's just a complete bore.

Unfortunately, there is no vetoing other people's dating decisions. So what do you do when your friend starts sleeping with the enemy?

You can try to avoid hanging out with your gal pal whenever her personality-challenged new man is around, but there will inevitably be some occasions when you are obligated to share the same dinner table or taxi cab. You might not love him, but you do have to learn to tolerate him.

"Are you being a little too judgmental? Remember, you're not the one dating him, she is. Just because he isn't your cup of tea doesn't mean he isn't right for your friend."

Maybe ask yourself if this is simply a case of no-one-is-good-enough-for-my-best-friend syndrome. Are you being a little too judgmental? Remember, you're not the one dating him, she is. Just because he isn't your cup of tea doesn't mean he isn't right for your friend. We all have different tastes.

But when a pal starts dating someone who is obviously heinous it's usually safe to assume she has been blinded by a new romance fog. A haze of dinner dates and regular sex will cause even the most rational individuals to make bad decisions.

Even when you know better, it isn't necessarily your place to say so. Unless the circumstances are extreme, meddling in a friend's love life is very rarely a good idea.

Confronting her about your issues with her nightmare new man will likely put her on the defensive. If he really is that insufferable you're better off letting her come to that realization on her own. In the meantime, suck it up and smile. You don't have to be besties but you do have to be civil.

Read more of Jessica Napier's columns at metronews.ca/shesays

Cartoon

MICHAEL DE ADDER

The science of happiness

Worth mentioning

Feeling fine? Frustrated? Fantastic? The British government really wants to know.

British officials said yesterday they will start measuring national happiness in addition to gauging more traditional data like income levels and fear of violent crime.

Detailed plans have not been announced, but the new questions are expected to be formulated by national statistician Jil Matheson late this month for inclusion in a survey next spring.

The decision to look beyond simple pounds and pence measures is part of a "science of happiness" movement that has taken root in several other countries as officials and academics study the failure of rising living standards in recent decades to be accompanied by a similar rise in personal contentment.

Canada has developed a national well-being index, a concept pioneered by the small Himalayan kingdom of Bhutan.

The surveys asks Canadians subjective questions like "How much do you enjoy your life?" and "Are you comfortable with your current level of debt?" and asks about their core values, living standards, and identification with minority or ethnic groups. The British survey is likely to use a similar approach.

THE ASSOCIATED PRESS

Don't worry, be happy

What makes you happy? Why?

Email
calgaryletters@metronews.ca
Twitter
@metrocalgary

Metro has the right to edit letters and submissions.

metro

METRO CALGARY • Unit 120, 3030 - 3 Avenue NE, Calgary, AB T2A 6T7 • T: 403-444-0136 • Fax: 403-539-4940
Advertising: 403-444-0136• adinfocalgary@metronews.ca • calgary_distribution@metronews.ca
Publisher Steve Shrout, **Managing Editor** Darren Krause, **Advertising Sales Manager** Chris Mackie, **Distribution Manager** Dave Mak
METRO CANADA: Group Publisher Bill McDonald, **Editor-in-Chief** Charlotte Empey, **Deputy National Editor** Fernando Carneiro, **Associate Managing Editor** Tarin Elbert, **Scene/Life Editor** Dean Lisk, **Asst Managing Editor** Amber Shortt, **Art Director** Laila Hakim, **Nat'l Sales Director** Peter Bartrem, **Interactive/Marketing Director** Jodi Brown

Metro Minute at Marda Loop film fest

If you're looking to get a sneak peek of the Marda Loop Justice Film Festival, today is your chance.

While the festival doesn't start until Friday, screenings of two films will be held at Mount Royal University today.

At 9 a.m., Sin By Silence will be shown in Alberta for the first time in the Stephen Leacock Theatre.

Later in the afternoon, As We Forgive will be playing in the same theatre at 1 p.m.

The festival is free of charge but Calgarians are encouraged to become a Friend of the Festival for $20.

Friends are invited to quarterly screenings and can sign up at the festival.

KATIE TURNER

▶ The Marda Loop Justice Film Festival begins Friday, but there is a sneak peek today at Mount Royal University.

2 scene

- Adams took suggestions from fans on Twitter for what songs to put on Bare Bones
- Album offers acoustic versions of his hit songs
- Inspired by his tour experience

MARK BAKER/THE CANADIAN PRESS/AP

▶ Bryan Adams' Bare Bones comes out today.

Adams gets to the Bare Bones

Bryan Adams initially planned for his acoustic collection Bare Bones to be a modest bit of fan service, something the Canadian rocker could sell on the road after shows. His record company had other ideas.

"I put (these songs) together not with any intention to put it out as an album," Adams said in a recent telephone interview from Switzerland.

"I made a CD with the intention that I was going to sell it at my shows, and I went on my Twitter page, and asked the fans to recommend: should it be new songs, should it be old songs, what songs should be put on it? And I sort of gathered all their information and then put this album together.

"And then about a month after I put that together, my record company got wind of it, and they were like: 'Hang on a minute. Can we hear this?'

"And the next thing you know, it's being released in 30 countries. And believe me, that was not my intention. The intention was not to try and make this a big global thing."

But Adams — who has spent most of the year on the road in Canada, the U.S., the U.K., Europe, South Africa and even the Middle East — might have known better.

Clearly, the 51-year-old remains in high demand internationally.

His last album of new material — 2008's 11 — charted around the world, in locales as far-flung as India, Australia, Belgium, Denmark, the Netherlands, Finland, France, Poland, Germany, Hungary, Spain, Norway, Austria, Italy, Sweden, the U.K., the U.S., and of course, Canada, where the record hit No. 1.

He had originally planned to record 11 as an acoustic album until he "balled out and decided to bring the band back in."

But he followed his original instinct when it came time to tour, playing the tunes stripped down to their essence.

"Those shows got bigger and bigger and bigger, and next thing you know, I'm on tour doing two and a half hours or two hours of acoustic," Adams recalled. "I thought, you know what, I'm loving this, let's just keep going."

When he began soliciting suggestions on Twitter for the final tracklist of Bare Bones, which drops today, he was surprised at the reaction he received.

"If I showed you the list of stuff that was sent to me from different places all over the world, it would've been a triple album," said Adams, munching on a snack. "So there were some people that were disappointed because it didn't have this song or that song on it, but you know, maybe we'll make another one — who knows."

THE CANADIAN PRESS

Scene in brief

Patti Smith, the Roots and the Cowboy Junkies are among the artists on tap for a Neil Young tribute concert scheduled for Carnegie Hall next year. The Feb. 10 charity show will also include performances from Aimee Mann, Joan Osborne, J Mascis of Dinosaur Jr and Pete Yorn, with more artists still to be announced. All the proceeds from the show will benefit music and arts programs for underprivileged youth.

THE CANADIAN PRESS

A grown-up Rascal Flatts

Gary LeVox, Jay DeMarcus and Joe Don Rooney were magnets for criticism 10 years ago when they formed Rascal Flatts.

They were called a boy band. Their clothes were funny. And, boys, that ain't country music.

After a decade as country music's top-selling group with nearly 20 million albums sold and one of its most popular touring acts, though, Rascal Flatts are starting the next decade as veterans on top, and in transition.

They have moved to Big Machine Records, home of Taylor Swift, to release their next album, Nothing Like This, out today, and the guys are contemplating bigger things.

"We truly feel like a new act," LeVox said. "The first 10 years flew by. ... We've got at least another 10 to 20 left."

The 40-year-old singer LeVox, 39-year-old bassist DeMarcus and 35-year-old guitarist Rooney have already accomplished more in their one decade than many acts do their entire careers. They grew up on George Strait, George Jones and Merle Haggard and followed their dreams to Nashville. Instead of copying the sound of their heroes, they went in a very different direction and created their own, mixing country twang with a pop sensibility.

THE ASSOCIATED PRESS

MARK HUMPHREY/THE ASSOCAITED PRESS

▶ Joe Don Rooney, left, Gary Levox, and Jay DeMarcus, right, of Rascal Flatts.

Ex-Skid Row frontman Sebastian Bach charged with assault after bar fracas

DVD Releases this week Buy it ●●●●● | Rent it ●●●● | Borrow it ●●● | Yawn ●● | Don't bother ●

Movie with a big heart

The Kids Are All Right
Genre: Drama
Director: Lisa Cholodenko
Stars: Annette Bening, Julianne Moore
●●●●½

In this Sundance smash about a groovy and conflicted lesbian couple, one of two "momses" explains the facts of life (and lust) to her teen son, who just discovered their gay male porn.

Jules (Julianne Moore) tells young Laser (Josh Hutcherson) that human sexuality is, well, complex. This also explains why Laser and his college-bound sister Joni (Mia Wasikowska) were both conceived with the aid of an anonymous sperm donor.

That's just the start of this sweet and perceptive comedy directed by Lisa Cholodenko (Laurel Canyon), who co-wrote with Stuart Blumberg. More revelations are to follow.

Jules, a free spirit, is married to tightly wound doctor Nic (Annette Bening). Nic's high income allows Jules to do her own thing, which amounts to dabbling at gardening.

Nic resents this more than she lets on. Jules has her own issues: she doesn't like Nic's judgmental nature and caustic tongue, and she worries that her spouse enjoys wine just a little too much.

The wine really starts flowing when the kids' curiosity leads to them meeting their biological father. Now everyone has to figure out what to do about Paul (Mark Ruffalo), a randy hippie farmer who has suddenly entered their lives.

Ruffalo is great as Paul, one of the best characters he's played since he first rose to prominence a decade ago with You Can Count On Me.

Everybody is trying so hard to be liberated, but that's hard to do when people start crossing boundaries that weren't very well defined to begin with. New Age thinking can quickly turn to Old School emoting when the clothes — and the gloves — begin to come off.

The best thing about the film is its bighearted-ness. It's not out to mock these people, but rather to show how any person of any orientation can become unraveled when high-minded principles collide with human nature.

PETER HOWELL

Disney's A Christmas Carol
Genre: Animation
Director: Robert Zemeckis
Stars: Jim Carrey, Gary Oldman, Bob Hoskins
●●●

What the Dickens? Robert Zemeckis updates the Yuletide perennial with loads of digital greasepaint and 3-D trickery. None of it is necessary, especially on the home screen. But the uplift remains the same.

Most people might have judged it sufficient gimmick for Carrey to play not only Ebenezer Scrooge at various ages, which he does well, but also the ghosts of Christmases Past, Present and Yet to Come who vex Scrooge on the path to seasonal enlightenment.

Carrey has such an expressive face, it seems almost a crime to hide it beneath the mo-cap

process, in which actors wear dozens of digital sensors while performing, and then have their work translated to claymation-style animation.

Fortunately for Carrey and the film, he's as durable as the Dickens. His personality struggles to get through the digital goo, but it largely does, although he's much better as Scrooge than as any of the three didactic ghosts.

PETER HOWELL

▶ Natalie Stewart and Marsha Ambrosius members of the group Floetry.

THE FLOW OF FLOACIST

'WE'RE BOTH DOING WHAT WE WANT TO DO'

The Floacist, Natalie Stewart, first introduced as half of British soul duo Floetry, believes the Grammy-nominated group dissolved because that was what was supposed to happen. She says she would not have made solo music any other way, and besides giving her a new start, the split has given her new purpose.

What was it like after the group dissolved?
I wanted a certain message to be going out, something especially for women, where we could empower ourselves and not be so petty in our relationships with each other as sisters. That was a very, very large focus for me. I didn't necessarily choose the right person to do that with. At one point it was really eating at my spirit because I couldn't fix it. I couldn't fix it and so many people were thinking it was other things. Like it just had to be a (romantic) relationship or something. We're such a sexually minded community. But no, something much, much bigger and broader had aligned into that. I mean, it affected my livelihood in a very personal way. It made me really stop and question a lot of things. But it made me better for it.

Is there a chance for a Floetry reunion?
Well, I think if you just look at what the two of us are doing individually, we're both doing what we want to do. And I think that with that being kept in mind, the door to Floetry will always be open to my sister, always.

Your new songs are fresh, but they still have a Floetry vibe. Did you ever consider getting away from that sound?
Floetry is my baby. I was creating and studying to get to the point of manifesting an ethos of poetic delivery with musical intent. I've been on that journey since I was 19 years old. I invited Marsha into that because at the time, you know, I was "I don't want to do this 20-minute poem" music. I wanted to cut it up and add choruses and verses. And at the time I invited Marsha down to help with that aspect. But at no point have I been wanting to get away from the Floetic ethos.

Your single Forever, featuring Musiq Soulchild, is about real love. Is today's music missing more songs like that?
I think 10 years ago, I would have been giving you a soliloquy about who's not doing what and who needs to do this or what people need. But what I think has been aligning about my walk is I'm just very interested in being the difference that I want to hear. Just being the difference I want to see. So, I made that song because I want to hear that music. ... And I wanted to share that for that reason.

THE ASSOCIATED PRESS

fido

With FidoDollars, the savings are multiplied

Save now

Phones from
$0

LG Gossip
$0 with 2-year Fido Agreement

Samsung Gravity
$0 with 2-year Fido Agreement

Acer Liquid E
$30 with 3-year Fido Agreement and Data Add-on
NOW $20

Save later

Get your next phone for less thanks to **FidoDollars™**. Only Fido has so many ways to help you save now and later.

Offers subject to change without notice. Phone prices shown for new activations with a Fido Agreement, early cancellation fees apply. A one-time activation fee of $35 may apply. Taxes extra. © 2010

The Boss rewards Fallon

CHRIS CARLSON/THE ASSOCIATED PRESS, FILE

▶ Jimmy Fallo performs as Bruce Springsteen.

Jimmy Fallon's love of making music a part of his act is setting him apart in the crowded world of late-night comedy.

It's paying off handsomely this week. To promote his new box set, Bruce Springsteen chose Fallon's Late Night on NBC — not Leno, Letterman or O'Brien. Tonight's entire show is devoted to the Boss, his appearance a way of saying "thank you" for Fallon's well-received Emmy Awards opening, singing, Born to Run with the cast of Glee.

The comic's musical chops are often on display, as when he impersonated Neil Young singing Pants on the Ground and his "history of rap" with Justin Timberlake, which quickly went viral.

The rap history was born backstage at Saturday Night Live, where Fallon and Timberlake were hanging out before the season opener this fall. Timberlake was to be on Fallon's show the next week, and they talked about singing some of their favourite hip-hop songs. After calling the Late Night writers, the idea turned into a musical trip through time from the Sugarhill Gang to Jay-Z.

Two rehearsals in a dressing room, two onstage and it was showtime. It was Timberlake's idea to end the medley by walking into the audience for Empire State of Mind, where people sang and swayed along.

Fallon has been playing guitar since age 15 and has a genuine talent, plus a lack of self-consciousness that enables him to go toe-to-toe with a professional musician and sell it - complete with dancing and familiar moves.

"You can't think about it," Fallon said. "The adrenaline takes over. I'm a big fan of reality shows and I know you've got to complete the mission."

The Young skit was his personal favourite. Fallon came out in a wig and wide hat that shadowed his eyes so you couldn't quite tell whether it was the real Neil Young or not. He strummed an acoustic guitar and sang, in Young's high whine, the novelty song that had become a sensation on American Idol the night before.

Fallon's love for music — along with the presence of the Roots, the versatile hip-hop band and instantly the hippest house band in late-night history — helps draw musicians to the show, said Jonathan Cohen, musical booker for Late Night.

THE ASSOCIATED PRESS

Simpson gets engaged

Jessica Simpson and former football player Eric Johnson are engaged, her rep confirmed to Us Weekly. The couple began dating earlier this year, and Johnson's divorce from his estranged wife was recently finalized.

The announcement comes just days after Simpson's ex-husband, Nick Lachey, announced he and longtime girlfriend Vanessa Minnillo are also planning to get married.

METRO

Mel admits to slapping ex, but denies punch

Actor says his girlfriend was shaking their daughter ◗ Claims he was 'trying to bring her back to reality' ◗ Denies hitting her with a closed fist

GETTY IMAGES

Oksana Grigorieva and Mel Gibson

Mel Gibson admits that he slapped girlfriend Oksana Grigorieva once during their infamous arguments earlier this year, according to court documents obtained by TMZ, though he claims it was for the sake of his infant daughter, Lucia.

"I slapped Oksana one time with an open hand in an attempt to bring her back to reality," the actor reportedly says in the declaration. "I did not slap her hard. I was just trying to shock her so that she would stop screaming, continuing shaking Lucia back and forth.

"I did not hit Oksana with a closed fist, as she alleges. I did not ever punch her in the face or in the temple or anywhere else, not then or at any other time."

METRO

Front Row Centre Players presents...
CHESS
Victor Mitchell Theatre
November 5 - 20, 2010
TICKETS
263-0079
www.frontrowcentre.ca

IN THEATRES NOVEMBER 24
YOU COULD
WIN TICKETS TO SEE THE ADVANCE SCREENING OF TANGLED
One lucky winner will receive a TANGLED Grand Prize featuring a $100 Walmart gift card, Dolls from Mattel and Tangled swag!
Walmart
MATTEL
VISIT clubmetro.com TO ENTER
To register and for full contest details visit clubmetro.com

Talking points

Lindsay's folks still feuding

FAMILY. While Lindsay Lohan enjoyed a brief day away from the Betty Ford Center over the weekend, she reportedly didn't get a break from her parents' squabbling, as mom Dina Lohan forced Lindsay to turn away her father, Michael Lohan, when he stopped by for a visit, according to Hollyscoop.

"Lindsay was furious over her mother's action and was brought to tears," a source says. "Michael can't understand why a 'caring mother' would put her daughter in such a position when she's in recovery."

METRO

Lovato's show gets rewrite

TELEVISION. The folks behind Demi Lovato's Disney Channel series, Sonny with a Chance, have decided to not delay production despite their star being in a treatment facility for "emotional and physical issues," according to Variety.

GETTY IMAGES

Demi Lovato

Instead, they'll be rewriting episodes to work around her absence, focusing on guest stars and other characters.

"This allows her the time she needs to get well without distraction or pressure," says a Disney Channel representative, who insists the changes are only temporary.

METRO

Win a Trip to Vienna!
Café Vienna
Double Chocolate Schokolade
Purchase one of these holiday treats at your local Timothy's for your chance to win 1 of 2 trips to Vienna.*
Visit www.timothyscafes.com /vienna for more details.
*At participating cafés only. Offer available for a limited time.

Keep it off with counselling

A new study says women on the Jenny Craig diet, which includes in-person counselling, lost 10 per cent of their weight in the first year

ALANCLEAVER_2000/FLICKR

▶ Fully 68 per cent of adults in the U.S. are overweight. Even scarier, 33.8 per cent are obese. Canada is almost as bad; 60 per cent of adults are overweight, and 24.3 per cent are obese.

CELIA MILNE
LIFE@METRONEWS.CA

Will your diet work? There's a better chance you'll lose weight and keep it off if you have personal counselling.

A new study published in the prestigious Journal of the American Medical Association found that overweight women on the Jenny Craig diet, which includes in-person counseling, lost an average of 10 per cent of their weight in the first year. By the end of the second year, they had kept off an average seven per cent of their unwanted pounds. By losing weight, women reduced their risk of developing diabetes, depression, some cancers and stroke.

"The results of this study show that lifestyle changes — such as making better food choices and exercising regularly — can indeed promote clinically significant weight loss that is reasonably well-maintained at least at two years, in people who are motivated," Dr. Cheryl Rock, lead author of the study, told Metro. Rock is a professor of family and preventive medicine at the University of California, San Diego.

Results from this and other randomized controlled trials show that one of the keys to successful dieting is ongoing personal counselling.

The Jenny Craig diet includes one-on-one counselling, a low energy density diet, pre-packaged foods and increased physical activity. Women in the study did not have to pay for the program, but in real life the cost of special food would be approximately $4,000 in the first year and $2,200 in the second year. This may not be more than people ordinarily spend on food, noted the study.

To test the effectiveness of the program, researchers at four sites in the U.S. recruited 442 overweight women between the ages of 18 and 69, and followed them for two years. They were assigned to either one-on-one counselling, phone counselling or a "usual care" program. The best results were in those who received in-person counselling.

The study was published in JAMA on Oct. 27, 2010.

Does Weight Watchers work?

Several diet programs have been tested over the last few years in large numbers of people, to find out if they work.

A study on Weight Watchers found the average weight loss was 4.6 per cent after one year and 3.1 per cent at two years.

A trial involving 3,234 overweight people with pre-diabetes found the Diabetes Prevention Program helped them achieve an average weight loss of 5.9 per cent at 2.8 years. They also reduced their risk of developing diabetes by 58 per cent.

CELIA MILNE/METRO

Health and weight go hand-in-hand

Dr. Cheryl Rock, who led a trial of the Jenny Craig program, believes commercial weight-loss programs can go further than doctor-led weight loss.

"While comprehensive programs, such as this one, require some investment of money and effort for the average patient, the amount is minimal compared to the high cost of obesity and obesity-related medical problems," Rock said.

CELIA MILNE/METRO

TOBYOTTER/FLICKR

3 life

Up and down

A protective shield
Being married could protect people from cognitive diseases such as dementia. A team of Swedish researchers found that people living alone from midlife onwards were more at risk than those living with a partner.

Broken hearts
People involved in negative relationships are 34 per cent more likely to develop heart disease in the 12 years following it.

New drug helps prevent strokes: Study

THEY SAY:
KEY MARKET INDEXES SPIKED IN Q3.
WE SAY:
TIME FOR SOME RETAIL THERAPY.
STRAIGHT FINANCIAL TALK YOU CAN USE
moneyville.ca
Welcome to financial possibility.

5 steps to a beautiful mind

Andy Puddicombe, a clinical meditation consultant, talks us through five steps to a clearer mind.

1. **Calm:** A calm mind is one that is at ease with itself. Remain tranquil and serene no matter how busy or quiet life is.
2. **Grateful:** It's so easy to spend life chasing after things we haven't got and think we want. We're so busy chasing that we forget to notice the things we already have. There's nothing beautiful about a mind that is always craving more, so develop a sense of appreciation for what you have right now.
3. **Clear:** Clarity is the ability to see the mind and know the mind exactly as it is, free from judgement and self-criticism.
4. **Spontaneous:** Life can feel repetitive, and things can lose their magic, creativity and excitement. It's as if you are caught up in a web and unable to get free. Step out of that web and live moment to moment.
5. **Caring:** It's important to know how to be happy and bring happiness to others. Learn to let go of your self-interested desires and make way for a caring and compassionate mind.

The family tree of health

Uncovering the diseases that run in your family can trump costly genetic testing in predicting what illnesses you and your kids may face

FLICKR: RICK

▶ One doctor calls a family health history "the best-kept secret in healthcare."

Make grandma spill the beans. Uncovering diseases in your family tree can offer the best predictions of what illnesses you and your children may face.

A Cleveland Clinic study comparing which method best showed an increased risk of cancer helps confirm the value of a family health history. And all it costs is the time it takes questioning your relatives.

But a government survey estimated less than a third of families do this, and doctors seldom push it to their patients.

"I view family health histories as back to the future," says Dr. Charis Eng, a cancer geneticist at the Cleveland Clinic's Genomic Medicine Institute. "It's the best-kept secret in healthcare."

How does a good history compare with an online genomic testing service (sold without a doctor's prescription for hundreds of dollars) that analyzes DNA glitches and predicts people's predisposition to various diseases?

To find out, Eng recruited 44 people for a family health history and a saliva test from a genomic service called Navigenics to calculate their risk for colon cancer and breast or prostate cancer.

Both approaches classified about 40 per cent of participants as having above-average risk, but they picked the same people about half the time.

For example, the screening missed all nine people with a strong family risk of colon cancer, five of whom Eng's clinic gave extra scrutiny to prove they carried a gene mutation.

"A patient may have done this testing, been very reassured and not come to medical care," she said.

No matter the brand, genomic screening takes a broad look at DNA variations, including ones scientists aren't sure even matter.

Yet it often doesn't include high-profile gene mutations that are linked to specific diseases and can require more specialized testing, Eng explains.

Navigenics didn't return a call for comment.

THE ASSOCIATED PRESS

Create your tree

Here are some tips on the best way to create your own family health history.

- **Start with you**
  Start with information about your own health and that of your parents, siblings and children. Then add extended family members such as grandparents, aunts, uncles and cousins on both sides of your family.
- **Include a range**
  Health conditions should include everything from heart disease, cancer and arthritis to any problems during pregnancies.
- **Note the age**
  Find out when the problems first arose. Also, note the cause and age of death for your deceased relatives.
- **Followup**
  When you can, ask followup questions.
- **Consider your lifestyle**
  Include lifestyle facts such as family eating and exercise habits.
- **Update**
  Update information as new illnesses are diagnosed and the family continues to grow.

Totally refresh yourself 2.5 hrs for a European facial and a relaxation massage with essential oil.
Facial includes: deep cleasing & peeling, with moisturizing anti-wrinkle mask plus top european equipments to ensure the tightening effect. (male & female)
Special offer: Reg $250.00
Now $149.00
NATURAL BEAUTY PROFESSIONAL AESTHETICS & MASSAGE (est. 1992)
403.230.2218 • #6, 1015 centre street N.W.
Free underground parking

Yi acupuncture and massage - Dr. Yi Fu
PhD acupuncturist with 11 years academic training.
Professional neurologist in China.
QUIT SMOKING!
Start working in 1-2 treatments with no stress, no craving, no relapse
WEIGHT LOSS!
10+%weight loss in 1-2 courses
HEIGHT INCREASING!
Under 22, high chance to grow
Special offer
CHILDREN' MYOPIA
Years of experience in China
DEPRESSION
Relief symptoms
INFERTILITY
Help IVF, successful experience from China
201,4803 centre street NW Calgary
Call 403-850-6898 to make an appointment
Please visit www.uhealing.com for details
$50 off per package with this ad

ACUPUNCTURE,
A NATURAL HEALING METHOD
TO RELIEVE YOUR STRESS, DEPRESSION, INSOMNIA, PAIN, FATIGUE AND MORE... INSURANCE COVERED.
Consultations are FREE!!!
Dr. Jenny Tao TCMD MD(China)
R. Acupuncturist & R. Massage practitioner
with over 20 years experience
CALL: (403) 284-5366
LOCATED: BAY 4, 2111 CENTRE ST NW, CALGARY, T2E 2T2
WWW.JENNYSACUPUNCTURE.COM

FORGET SIZE... FIT MATTERS!
BRA SIZE 30 - 46 BAND | AA - K CUP
Do you know up to 80% of women are wearing the wrong size bra?
Present this ad and receive
10% Off
(Max discount $20.00)
INTIMATELY YOURS
MAIN LEVEL BANKERS HALL | 403.265.5471

Anytime appetizers

Homemade pita chips add flavour instead of fat

ROSE REISMAN
LIFE@METRONEWS.CA

Seasoned baked 'pita chips'

The spices in this recipe add flavour instead of oil.

Ingredients:

- 3 large flour tortillas
- 3 Tbsp finely grated Parmesan cheese
- pinch of salt and pepper
- pinch of paprika
- pinch of garlic powder
- pinch of onion powder

Serves 4.

Preparation:

1. Preheat the oven to 350°F. Line a large baking sheet (or 2 medium baking sheets) with foil.
2. Slice each tortilla into 8 wedges. Arrange the wedges on the baking sheet, not over¬lapping. Lightly coat with cooking spray.
3. Combine the Parmesan, salt, pepper, paprika and garlic and onion powders in a small bowl. Sprinkle the seasoning evenly over the tortillas and bake for 12 minutes, or just until lightly browned.

Black olive tahini spread

Makes

This is similar to a hummus dip, but with black olives added.

Ingredients:

- 1 cup canned chickpeas, drained and rinsed
- 1/4 cup tahini
- 3 Tbsp water
- 2 Tbsp olive oil
- 2 Tbsp lemon juice
- 1 tsp finely chopped garlic
- 1/2 tsp hot chili sauce
- 1/3 cup finely diced canned black olives
- 2 Tbsp chopped fresh basil or parsley. Serves 6

1. Combine the chickpeas, tahini, water, olive oil, lemon juice, garlic and chili sauce in the bowl of a food processor. Purée until smooth.
2. Stir in the olives and garnish with basil or parsley.

Some wines stand on their own

PETER ROCKWELL
LIQUIDASSETS@EASTLINK.CA

Once upon a time, wine and food were joined at the hip. So much so that you wouldn't fathom having a glass of fermented liquid without a bite or two of something solid. Not that there is anything wrong with that philosophy; it's just that I like Charlie Sheen's better: Anytime is a good time for a glass of wine (or vodka, or just about anything).

What I mean is, wine isn't just for the dinner table anymore, and winemakers are creating unique cocktail-style wines. A perfect example is the 2009 Café Culture Pinotage ($13.95 – $15.99) designed by South Africa's KWV.

Here's a wine that all about singularity. Sure, you could pair it with Italian fare or just about anything grilled, but to fully appreciate this wine you've got to have it on its own.

That said, this is a polarizing bottle. Just as many I know hate it as love it. Melding coffee overtones (café, get it?) and lots of major mocha along with a natural sweet berry fruit, it's a tasty style unto itself.

Prices reflect the range across the country. Some products may not be available in all provinces.

LOTTERY TICKETS LED TO TRUE LOVE

Names: Anna, 24, and Curtis, 29

Current city: Coquitlam, B.C.

Together since: 2007

Their story:

▶ Curtis and Anna

How We Met: Anna & Curtis

"I (Anna) spotted Curtis one summer day when I was working part-time at the local grocery store in our small hometown in southwestern Ontario...

I noticed him at another checkout, and after that day, I noticed him every time he came into the store — but I was too nervous to approach him!

Curtis came into the store every Saturday to play his lottery numbers, and I would go out of my way to be the one to process his ticket.

Then one day after he left the store, he came back to give me his number.

He bought a few other items to make it look like he didn't return just to give me his number (to which he later admitted to!).

A week later, we had our first date. We were immediately inseparable and moved in together within a few months.

We both definitely won the lottery in finding each other!"

WE WANT TO KNOW HOW YOU MET! GO TO 2FORCOUPLES.COM NOW TO SUBMIT YOUR LOVE STORY.

NO REAL HARM IN SAVOURING THE FINER THINGS IN LIFE AS A COUPLE

Smug Marrieds

ANGELA PACIENZA & DEREK CHEZZI

2FORCOUPLES.COM

TWITTER: @SMUGMARRIEDS

My wife insists on spending ridiculous amounts of money at specialty cheese shops. What's wrong with a brick of orange from No Frills?

Angela says...

Have you tasted the difference? It's night and day. How often is this happening? If it's daily, then maybe your wife has a spending addiction.

If it's only occasionally, like for a special weekend meal or a dinner party (and you can afford it), what's the harm?

It's better than spending money on makeup or shoes — which you two can't enjoy together.

I guess the answer to your dilemma depends on whether your wife has any other vices. If she doesn't, I'd rank having good taste in cheese among the best problem to have since you can savour it together.

P.S. Does she buy nice bread and wine to go with it? If so, I'm on my way over.

Derek says...

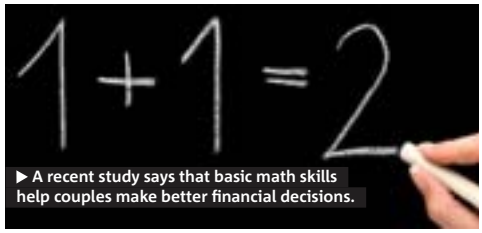
Please do not fault your partner for having good taste. Quality cheese is one of the finer pleasures in life; learn to embrace it.

First, try one of the varieties of white cheese offered by your local grocery store, and then work your way up to the cheese boutique.

You are about to embark on a long journey, but you can get there quickly with your partner at your side. This is a joyous time. Eat it up!

Math skills could make you richer

New research suggests that couples who score well on a numeracy test fare better financially by middle age



▶ A recent study says that basic math skills help couples make better financial decisions.

Could your ability to solve basic math problems be a predictor of your family's future fortunes? The answer may be as simple as 1-2-3.

New research suggests that couples who score well on a test of numeracy appear to fare better financially by middle age than their counterparts who fail to make the grade on such a test.

Researchers explored the link between cognitive traits — particularly numeracy — of both spouses on the family's financial outcomes. They also examined who is typically responsible for making financial decisions in the household and why.

Numeracy is the ability to use or understand numerical techniques of math.

For the study, published in this month's edition of The Economic Journal, researchers relied on the Health and Retirement Study funded by the U.S. National Institute of Aging, using a sample of more than 11,000 people.

The HRS is a biennial, nationally representative longitudinal survey of Americans over age 50.

Its objective is to monitor economic transitions in work, income and wealth, and changes in health status.

"As you start getting into 50 and older age group, basic cognitive attributes may start to matter a lot, like memory, and how intact one is when it comes to their decision-making about anything financial," said study co-author James Smith, senior economist with RAND Corporation, a non-profit research organization.

"Since it is a financial decision and financial decisions usually involve basic arithmetic at some level like 'What is basic rate of return of this asset? How much risk is attached to this asset?' you would like to think your ability with numbers might matter."

Starting with the 2002 HRS, three questions were added to the core interview to test the numerical ability of respondents.

Researchers wrote that household wealth "increases sharply" as the numeracy score of either spouse rises, with vast differences between couples earning a perfect score compared to those who got zero.

THE CANADIAN PRESS

New Canadians smart when it comes to cents

Survey shows that recent immigrants to country are more knowledgeable about banking than general population ◆ Trust of banks statistically lower

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

New Canadians are tackling financial literacy with gusto ... and effectiveness. According to a survey commissioned by Credit Canada (a not-for-profit, charitable credit counselling organization) and Capital One Canada, recent immigrants are actually more savvy about their credit ratings and scores than the general population.

New Canadians are also more financially optimistic.

Sixty-five per cent of those who have been in Canada five years or less and 74 per cent of those living here six to ten years feel they understand enough to make good decisions with their money.

In comparison, only 52 per cent of the general population feel confident about their financial knowledge.

Confusion within the financial services industry is endemic. However, newcomers actually find the banking system more accessible and understandable than everyone else.

This is particularly good news as access to banking information and services is the foundation of a solid financial life.

Despite these positives, recent immigrants do not trust banks to the same degree as the general population. This finding isn't so surprising when you consider that few countries have a banking system as stable as Canada's.

The poll, conducted by Angus Reid Public Opinion, has just been released to kick off Credit Education Week Canada (CEWC), an initiative of Credit Canada. Running until November 19.

But those all across the country can benefit from the wealth of information on the event's site. Go to crediteducationweekcanada.com.

▶ Need some advice regarding your nest egg? Why not speak to a new Canadian?

Interest rates/ Savings accounts

BANK	RATE
BMO	1.35%
CIBC	0.70%
HSBC	1.00%
ING	1.50%
PCF	1.50%
RBC	1.25%
SCOTIA	1.25%
TD	1.25%
ALLY	2.00%

CHECK BANK WEB SITES AS SOME RATES REQUIRE MINIMUM ACCOUNT BALANCE

Phisherman get you hook, line and sinker

Have you ever received an email that appeared to be from your bank, asking you to fill out personal information such as your Personal Identification Number (PIN) or password, only to find out that it was a copycat website? If so, you were most likely "phished".

"TD Canada Trust would never ask you for personal or financial information such as your PIN or password by email. If you're ever unsure about whether or not a website is legitimate, contact us right away," says Justin Hwang, Associate Vice-President of fraud management for TD Canada Trust.

Phishing is a fraudulent act used to obtain personal or financial information, usually carried out over the internet or by instant messaging.

Often, fraudsters who use phishing techniques create bogus websites and links that convince users to offer up desired information.

The better the hacker, the more advanced their phishing techniques become which could explain why more people are biting.

Some current phishing schemes even use social networking sites to reel in their victims because personal information is so generously distributed on these sites.

Phishing techniques:

- Copycat banking websites
- Counterfeit links and URLs
- Bogus emails asking for personal information.
- Voice messages providing a call-back phone number claiming problems with your bank account and asking you to leave a message with personal information.
- Pop-up windows on your legitimate banking site that ask for additional information. NEWS CANADA

Service Directory
To advertise contact Blaine Schlechter at 403-444-0136
FINANCIAL

NEED MONEY?
✓No credit checks
✓Fast approvals
Call 1 866 499-5629
And get cash now!!
www.mynextpay.com

500 loan service
by phone, no credit refused, quick and easy, payable over 3, 6, or 12 installments.
Call toll free:
1-877-776-1660
www.moneyprovider.com

Fun and Frugal
LESLEY SCORGIE
MONEY@METRONEWS.CA

HERE COMES THE BUDGET...

Weddings are expensive, considering they last for a day. Save in advance and pay for expenses as they come up. Try these tips to save money, avoid debt and still enjoy your special day.

First, discuss budget priorities like photography or food, and the wedding planning roles you and your partner will play such as organizing flowers or liquor licenses.

Second, set a budget and stick to it. Hunt around the Internet and borrow library books to get an idea of costs like a bridal gown, venue, food, drinks, photography, rings, transportation, the ceremony, honeymoon, gratuities, taxes (GST). Discuss how you'll pay for the wedding and check whether there are obligations if you accept funds from family members or friends.

Third, pick the size of your wedding. Expensive food and glamorous surroundings will translate into fewer invitations whereas a larger venue paired with a buffet dinner means you'll be able to host more people. Reducing the guest list and bridal party means fewer mouths to feed and gifts to buy.

Fourth, pick a date, time, and venue. Save big bucks by planning your wedding in the off-season (October to March) and getting married on any day but Saturday. Time of day has an impact too: breakfast, lunch and twilight weddings are cheaper than dinner weddings.

In-demand venues are expensive, so wrangle a deal through your network or host a small town wedding. Negotiate terms and prices with the owner of the venue.

Getting married in public spaces or someone's back yard is an inexpensive option: parks, beaches, gardens, public golf courses, historical sites, libraries, civic centres, etc. Secure the required permits and investigate if there are liability issues.

Fifth, get organized and get to work. Ask friends and family to help make invitations, prepare flower arrangements and table decorations, etc. Forget the limo fleet and borrow a friend's cool car.

Hire a photographer, caterer or wedding planner from a local college (get a reference). Put limitations on an open bar. Avoid designer wear: rent dresses and suits or have them made locally. Borrow, rent, or buy second-hand decorations online.

Consider setting up your own website whereby you can post information about the day, manage the invitations and guest list, keep a budget, send reminders, etc.

Wanted
10 Homes in Need of Siding + Insulation
If you are even thinking about new siding for your home you must Consider ABC Seamless Steel Siding now in Calgary!
WHY?
1 - Steel Siding Will Not Ignite & Burn! Period.
2 - Steel Siding is made on job site to exact lengths with NO seams or unsightly joints
3 - Steel Siding will not warp, buckle, chalk or fade. Comes in a large variety of modern colors
4 - We can add R-14 Insulation behind siding.
5 - Our siding is as strong as steel, because it is!
We are in the process of building a website & want local homes to be featured, If your home is selected you will qualify for a generous factory rebate!
CALL NOW 403-257-2035

MBAs are the key to business success

Changing market facilitates growing need for leaders with skills broad enough to lead efficiently ◗ Employers' expectations raise bar for entry

ISTOCK

▶ An MBA signals to employers you have the ability to solve problems and move up the corporate ladder.

Take your time

Picking the right MBA program is important, so make sure you invest some time in finding one that's right for you.

- Study the details: Every MBA program has varied goals, teaching methods, price and logistics. Make sure you choose a program that fits your overall goals.
- Don't rely solely on word-of-mouth or rankings, visit schools and sit in on a class to see if the program matches your goals.
- Ask employers you're interested in working for which MBA programs they look to hire from, you'll get a better sense of which programs draw weight.

RAF BRUSILOW
FOR METRO CANADA

As business becomes more integrated the kinds of skills an MBA provides become increasingly crucial, experts say.

Besides a documentable increase in salaries post-MBA — up to double in some cases — the degree itself is becoming more common among graduates and consequently more expected by employers.

"For many mid-management jobs an MBA today is, if not an entry-level requirement, almost an expectation. More people have graduate degrees now, so that has moved the bar," said Wendy Cukier, associate dean of Ryerson University's Ted Rogers School of Management.

"Change is one of the most relevant factors in the world so we need leaders who can lead us through change and the MBA provides that."
SCOTT COMBER, DALHOUSIE

Scott Comber, director of the corporate residency MBA program at Dalhousie University in Halifax, says the increasing complexity of the modern business environment makes MBA skills highly desired by employers.

"Today's business world is a very linked, integrated environment. The understanding is that markets are connected, economies are connected.

"Change is one of the most relevant factors in the world so we need leaders who can lead us through change and the MBA provides that," Comber said.

Beyond the obvious benefits, an MBA degree symbolizes a candidate's resourcefulness and versatility.

"While there's solid evidence an MBA will give people a salary boost, more importantly it signals to employers your capacity to solve problems and ability to move up in an organization," Cukier said.

My MBA experience

AS TOLD TO JORDANA DIVON

CONTRIBUTED

▶ Calgary resident Heather Johnson completed her MBA at the University of Calgary and now works at William Joseph Communications.

Profile

Name: *Heather Johnson*

School: *University of Calgary, Haskayne School of Business*

Current city: *Calgary*

Position: *Strategist at William Joseph Communications*

I'd been a high school math teacher for nine years and I loved teaching, but I was just personally a little restless, looking for a new challenge. I do have a soft spot for education, but thought I would try something different.

Going back to being on the other side of the desk was challenging. The difference is that in an MBA program, and certainly at Haskayne, it's not like an undergrad or high school degree; it's not the same environment, or same experience.

I found the program to be challenging certainly in terms of not coming from a business background. I knew shockingly little about things like marketing and economics. I have strong analytical and numerical skills, but the different ways of thinking and the volume of material were as important to me as the deadline pressure and team dynamics.

When I graduated, I got a job with a company called William Joseph Communications, which is a marketing and communications company in Calgary.

For me, I would say the MBA was essential. I have a lot to offer in terms of communications skills and some smarts to apply to the situation, but with my background as a teacher, I don't think the business community would have otherwise taken me as seriously.

MBA partnering makes good cents for companies

JORDANA DIVON
FOR METRO CANADA

A number of Canadian companies are paying for their workers to go back to school

In Mediacorp's newly released list of Canada's Top 100 Employers, a startling percentage of companies who had made the cut were involved in sponsoring their workers to pursue higher education opportunities.

It's a smart, multi-purpose move designed to keep employees motivated, and to bring their newfound skills back to the workplace.

"If you take a look at what's happening in the recession, companies want to keep talent, and they want to keep people happy," says Shai Dubey, Director of the Queen's University Executive MBA program. "It's a succession planning within the company; a way to recognize talent and say, Ok we see the potential in you, what do we do to get you to the next level?"

Instead of climbing rung by rung up the corporate ladder, many employees see the fast track benefits of an MBA, and may also want to explore their options in other areas of corporate culture.

Employers, too, are seeing the benefits: During his tenure at the helm of one of Canada's top business programs, Dubey says he's witnessed gun-shy companies get on board when they see the tangible results.

"A lot of the time companies don't sponsor or only partially sponsor (the MBA program), but when they see what comes out of it, they end up giving bonuses and raises to people. So it's either direct sponsorship or indirect — that's a different way of looking at it," he says.

Jeannette McAffer, vice president of human resources at Ledcor, says her company is a firm supporter of employee education.

"It's a changing world out there and if we don't continue to develop our skills we'll stagnate. That's really not an option anymore," says McAffer.

The Victoria-based company, which found itself on this year's Top 100 list, pays up to 100 per cent of employee educational costs, and considers it a sound investment.

▶ Most MBA students with work and family responsibilities aren't fully prepared for the jolt in their timetable.

A fine balance

Juggling school, work and family responsibilities can be a challenge for MBA students

JORDANA DIVON
FOR METRO CANADA

When Trevor Sterner began the MBA program at the Haskayne School of Business in Calgary, he wasn't fully prepared for the jolt to his timetable.

"It used to be that I would schedule in everything that needed to be done and by the end of the day, I didn't have time for hanging out with my wife or child," says the 2011 MBA Society president.

Because he had taken on a number of extracurricular responsibilities, Sterner had to quickly learn how to balance his demanding course load and his personal life.

"What I ended up doing is looking at what's important to me and how much time I want for each of those parts of my life," he says. "Now I just make those decisions quicker, and once I make them, I don't look back. Just focusing on whatever thing I pick up and working on that alone has been pretty successful."

Sterner's work-life balance method is one of many outlined by Dr. Merridee Bujaki, associate professor at the University of Ottawa's Telfer School of Management.

Bujaki says many MBA students enter the program at a time in life when they have young children and aging parents, and these external responsibilities can often play havoc on their significant student responsibility.

"There is often a collision of immovable work, family and school deadlines," she says. "This can result in sacrifice of sleep, exercise, time for oneself, and for families, and is often more of a challenge for women."

The perils in not finding a proper balance, however, are significant. Bujaki outlines fatigue, poor nutrition, lack of exercise, poor health, and alienation from friends as some of the potential dangers.

But the accounting professor says many students, like Sterner, manage to find their own way after the initial struggle.

"From what I've seen, the most successful MBA students are strong communicators, put in a steady, consistent effort, focus on learning — not marks, and simply enjoy the process."

Seven habits of highly successful students

Dr. Merridee Bujaki offers these excellent tips for co-ordinating a healthy work-life balance:

1. Give yourself permission to look after your health (sleep, exercise, eating well). Investments here usually pay off in the long run in terms of stronger relationships and better retention of new information.
2. Be realistic: Perhaps straight As aren't going to be possible with everything else in your life.
3. Hire as much help as you can afford: Cleaning, meal preparation, home maintenance.
4. Lower your expectations: How often does your bathroom need to be cleaned?
5. Take some time to reconnect and recharge.
6. Communicate, communicate, communicate with family, team members and employers.
7. Keep perspective.

ANNOUNCEMENT
Athabasca University
CENTRE for INNOVATIVE MANAGEMENT
The MBA that understands there's more to life than your career.
You want to get ahead in your career. But that doesn't mean you should have to fall behind in life. At AU, our flexible online format lets you access world-class instruction anywhere, any time. So you can advance your career without putting it – or your life – on hold.
The AU online Executive MBA. www.mba.athabascau.ca

Which one is right for you?

ISTOCK

▶ Waffling between getting your MBA all at once, or taking a few years to complete? Our quiz can help you decide.

Most MBA schools offer both full-time and part-time programs. Take our quiz to find out the best way for you to go back to school

JANET ROWE
SPECIAL TO METRO CANADA

Full-time students can finish an MBA in as little as 13 months, says Kimberley Neutens, Director, MBA and Master of Finance Programs Services at the Rotman School of Management at the University of Toronto. A part-time schedule typically lasts three years. How soon do you want your degree?

a) Yesterday!
b) It's part of my five-year plan.
c) Whenever, really.

Choosing a full-time program means quitting your job. "You're taking a significant risk in the payoff," says Neutens. What's your risk profile?

a) I bungee jump on weekends and play the stock market for fun.
b) I wear a helmet when I bike and have a diversified portfolio.
c) I've never even jaywalked and my entire fortune is in government bonds.

Only full-time students have time for internships and extra-curricular networking opportunities to help position them in a new field. Are you switching industries?

a) Yes. This is a whole new step for me.
b) No. This is a career progression credential.
c) Maybe. I haven't really thought about it.

Full-time students earn no income during an MBA program, warns Neutens. What financial resources do you have?

a) My partner's cool with me leaning on my substantial savings.
b) My young family needs me to keep bringing in a paycheque.
c) My credit rating has tanked and I'm working two jobs to make ends meet.

Part-time students spend about five hours a week in class and about 12 studying. Currently, how much time can you spare in a week?

a) What spare time?
b) How does 20 hours sound?
c) You mean I should track my time?

Your score:

Mostly a) Full time
You're driven and ready to go for it, but you also know you need the support and hours available to full-time students.

Mostly b) Part time
You may have other obligations, but that's okay. You also have the discipline to make your MBA happen, if more slowly.

Mostly c) Not your time
You may need to gather your financial, social and personal resources first.

ALBERTA MBA
heights of excellence
The Alberta MBA ranked fifth in Canada placing us
#1 IN CANADA FOR CAREER PROGRESS
#2 IN CANADA FOR VALUE FOR MONEY
#3 IN CANADA FOR AIMS ACHIEVED
Financial Times of London 2010 - Top 100 Globally
streams of knowledge
Full-time, Part-time, Executive, NEW FastTrack
World class education in:
Natural Resources, Energy & Environment
Technology Commercialization
International Business
Finance, Family Business, Retailing
Public Policy & Management
Leisure & Sport Management
Info Session
Wednesday, November 17th
5 pm – 5th Floor, Alberta School of Business, UofA Campus
RSVP TO 780-492-3946
www.MBA.net
Alberta School of Business

Corporate Residency MBA

Advance your career.
Get there faster.
Salaried, exceptional work experience
Top Canadian employers
Business degree not required
Explore new career options
DALHOUSIE UNIVERSITY
Inspiring Minds
dalmba.ca

MBAs reflect changing business landscape

RAF BRUSILOW
FOR METRO CANADA

ISTOCK

▶ Today's business world is a much more complex place and modern MBA programs have to meld all aspects of business practice to match the varied needs of employers.

Just as the world of business has been changing rapidly, so have MBA programs changed with the times.

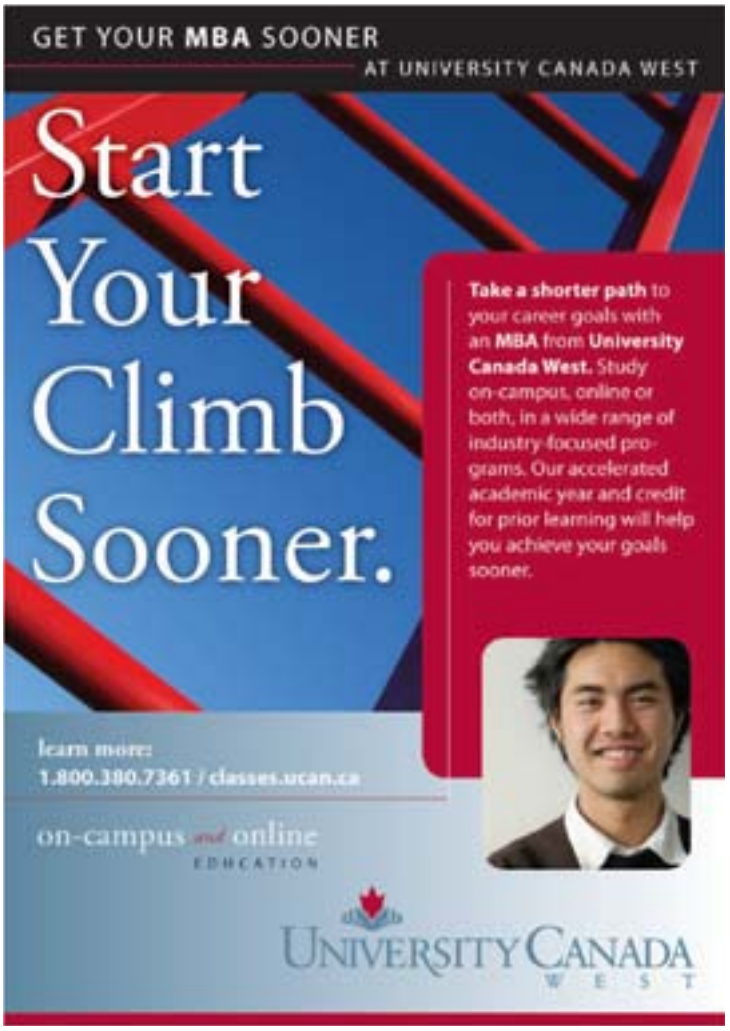
As early as two decades ago, most MBA programs were aimed towards providing targeted instruction in singular, specific areas of business rather than a comprehensive education. Today's business world is a much more complex place and modern MBA programs have to meld all aspects of business practice to match the varied needs of employers.

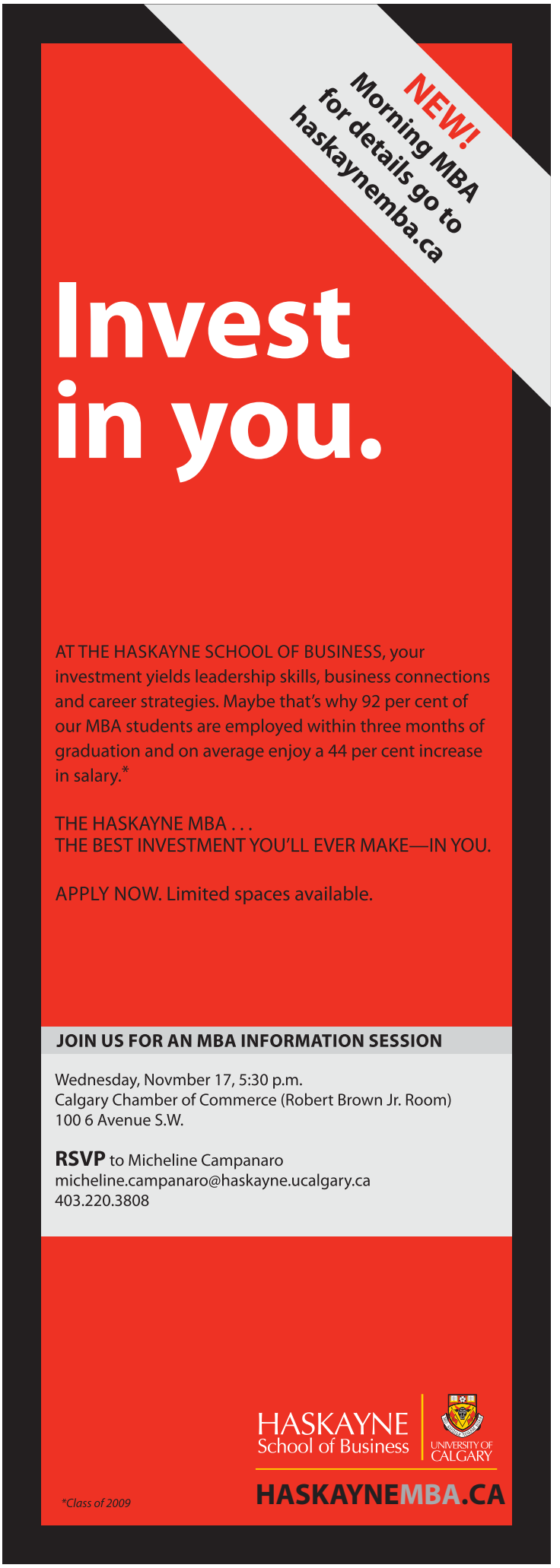
"It's not enough to learn all subjects separately one at a time, it's important to know how all aspects of business integrate with each other. Students are now expected to understand all sides of a case — it's a more accurate depiction of how business actually operates today," said Arthur Redillas, associate director of admissions and recruitment at the Sauder School of Business at the University of British Columbia.

"Business schools have become a lot more sophisticated and there's a lot more focus on integrity."
MIKE MILES, UNIVERSITY OF OTTAWA

Ethical concerns that would never have entered the equation 20 years ago are now at the forefront of many MBA agendas.

"The world of business is more complicated today — there are more subtleties than there were 10 or 20 years ago. Business schools have become a lot more sophisticated and there's a lot more focus on integrity. Ethics are always on the table now, they just become a whole way of thinking," said Mike Miles, director of the MBA program at the University of Ottawa's Telfer School of Management.


GET YOUR MBA SOONER
AT UNIVERSITY CANADA WEST
Start Your Climb Sooner.
Take a shorter path to your career goals with an MBA from University Canada West. Study on-campus, online or both, in a wide range of industry-focused programs. Our accelerated academic year and credit for prior learning will help you achieve your goals sooner.
learn more:
1.800.380.7361 / classes.ucan.ca
on-campus and online EDUCATION
UNIVERSITY CANADA WEST


NEW!
Morning MBA
for details go to
haskaynemba.ca
Invest in you.
AT THE HASKAYNE SCHOOL OF BUSINESS, your investment yields leadership skills, business connections and career strategies. Maybe that's why 92 per cent of our MBA students are employed within three months of graduation and on average enjoy a 44 per cent increase in salary.*
THE HASKAYNE MBA . . .
THE BEST INVESTMENT YOU'LL EVER MAKE—IN YOU.
APPLY NOW. Limited spaces available.
JOIN US FOR AN MBA INFORMATION SESSION
Wednesday, Novmber 17, 5:30 p.m.
Calgary Chamber of Commerce (Robert Brown Jr. Room)
100 6 Avenue S.W.
RSVP to Micheline Campanaro
micheline.campanaro@haskayne.ucalgary.ca
403.220.3808
HASKAYNE School of Business
UNIVERSITY OF CALGARY
*Class of 2009
HASKAYNEMBA.CA

4 sports

NFL. Lopsided loss

▶ Philadelphia Eagles running back Jerome Harrison rushes a for a touchdown against the Washington Redskins last night.

NICK WASS/THE ASSOCIATED PRESS

Eagles hand McNabb, Redskins embarrassing loss

Michael Vick and the Philadelphia Eagles embarrassed the Washington Redskins, spoiling Donovan McNabb's big contract day with a 59-28 victory last night. Vick completed his first 10 passes and finished 20-for-28 for 333 yards with four touchdowns. He also ran eight times for 80 yards and two scores, moving past Steve Young and into second place in NFL history for yards rushing by a quarterback. The Redskins signed McNabb to a five-year contract extension before kickoff, but the six-time Pro Bowl QB threw three interceptions.

Quoted

"It's like how do you eat an elephant? One bite at a time. We're going to fix one thing at a time."

NEW PIRATES MANAGER CLINT HURDLE, ON MAKING THE TEAM COMPETITIVE AGAIN.

Sutter says sorry

Flames forward apologizes for incident in which he allegedly punched a cab driver
Team has sent him down to the AHL Iginla says teammates support 23-year-old

Calgary Flames forward Brett Sutter has apologized to his family and fans of the NHL team for an incident last week where he's alleged to have punched a cab driver in the face outside a Scottsdale, Ariz., bar.

His apology came yesterday, the same day the Flames demoted him to the Abbotsford Heat, their American Hockey League farm team.

"I want to apologize to my family, my friends, our fans and the entire Flames family for what took place this past Wednesday night," Sutter said in a statement released by the Flames.

"My background is one of hard work and respect, so this incident is totally out of character for me. I have been a captain in junior hockey and an assistant captain last year in Abbotsford, so I totally understand the values of leadership and character. I have set the wrong example not only for children who love the Flames and hockey, but also for my brother who has been such a great example for me."

Sutter is the son of Flames general manager Darryl Sutter and nephew of Calgary coach Brent Sutter. His younger brother Christopher has Down syndrome.

Flames captain Jarome Iginla said Brett Sutter has the team's support.

"He has always demonstrated a tremendous commitment to being a good person and a professional athlete in every aspect of the responsibilities that go with that role," Iginla said in a statement.

"As his teammates we have conveyed our total support for him and I believe it is important that we also let our community and fans know the same."

Police in Arizona allege the 23-year-old Sutter was drunk to the point of slurring his words when he randomly punched a cab driver in the face outside a bar.

He had been thrown out of the bar for being "disorderly and extremely intoxicated" when he hit the cabbie in the mouth with a closed fist, police say.

Bar bouncers, witnesses and the cabbie all told police the incident was completely unprovoked and Sutter kept walking like nothing had happened.

The cabbie suffered a cut to the inside of his mouth and was spitting blood, but did not lose any teeth.

Sutter was charged with misdemeanour assault.

In four games with the Flames this year Sutter has one assist.

THE CANADIAN PRESS

ENTER TO WIN
a *thrill* of a lifetime!

Metro and Canada Olympic Park are offering 2 Metro Calgary readers the chance to try one of the most exhilarating experiences you can have in sub zero temperatures. The thrill lasts just 60 seconds but the story will last forever! The events happen November 23, 2010.

Piloted by a professional driver, you'll twist down 14 turns, pulling up to 5 Gs and hit a maximum speed of 120 km/h on a course that develops Olympic champions includin the Kreisel Loop made famous in 1988 by the Jamaican Bobsleigh Team's infamous crash.

Sports in pictures

PHOTOS
1. JIM MCISAAC/GETTY IMAGES
2. JEFF ZELEVANSKY/GETTY IMAGES
3. BRUCE BENNETT/GETTY IMAGES
4. MIKE EHRMANN/GETTY IMAGES
5. JUSTIN EDMONDS/GETTY IMAGES

1 Washington Redskins quarterback Donovan McNabb agreed to a five-year, $78-million US contract extension with the Redskins, with $40 million of the deal guaranteed.

2 Former Blue Jays ace Roy Halladay will be the cover athlete for the 2K Sports video game Major League Baseball 2K11. The game will be available in the spring.

3 Scott Gordon was relieved of his head coaching duties by the New York Islanders yesterday after a 10-game winless streak left the team at the bottom of the NHL standings.

4 Calling it "crazy" just to be on the list of finalists for Time magazine's Person of the Year, LeBron James seemed almost embarrassed yesterday when he learned he was one of the final 25 names under consideration.

5 Kansas City Chiefs coach Todd Haley apologized for refusing to shake hands with Denver coach Josh McDaniels after the Chiefs' blowout loss Sunday.

THE ASSOCIATED PRESS

Series foes get rookie awards

Rangers closer, Giants catcher honoured by voters

GETTY IMAGES

▶ Neftali Feliz

▶ Buster Posey

San Francisco Giants catcher Buster Posey and Texas Rangers closer Neftali Feliz wound up together on the winning side yesterday when they were voted major league baseball's top rookies.

Earlier this month, Posey singled off Feliz as the Giants beat Texas in the clinching Game 5 of the World Series.

"It's hard to believe it's been two weeks," Posey said.

Posey hit several key home runs and helped the Giants win the crown for the first time since 1954. He easily outdistanced Atlanta outfielder Jason Heyward for the National League award. Feliz, the rocket-armed right-hander who set a rookie record with 40 saves as Texas reached its first World Series, finished far ahead of Detroit centre-fielder Austin Jackson for the AL honour.

"I hope it's not a fluke. I hope I have a better season next year," the 22-year-old Dominican reliever said through a translator on a conference call.

Promoted from triple-A on May 29, Posey quickly adjusted to the big leagues — both at the plate and behind it. The 23-year-old Posey hit .305 with 18 home runs and 67 RBIs. He homered eight times after Sept. 1 in leading the Giants to the NL West title, and his homer on the final day of the regular season helped them clinch the division.

THE ASSOCIATED PRESS

20

Posey was picked first on 20 of 32 ballots in voting by members of the Baseball Writers' Association of America. Voting was done by two members of the BBWAA in every league city after the regular season, with each person listing three players.

ACCESS LEGAL RESEARCH INC.
CRIMINAL PARDONS/ U.S WAIVER
NO FAULT DIVORCE
DEBT COLLECTION
OPEN SATURDAY BY APPOINTMENT
CALL 403.228.1300

Alberta Security Training Academy
Women's Self Defence - The time is now!
- Build confidence
- Protect Yourself and Your Family
- Learn Practical Safety Techniques
- Pressure Point Applications
- Identifying Potential Dangers
- Strike and Escape

Call 403.453.1186 • 1314B 17th Ave SW
www.albertasecuritytrainingacademy.ca • info@albertasecuritytrainingacademy.ca

NHL

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Washington	18	13	4	1	0	65	47	27	9-1-0-0	4-3-1-0	8-1-1-0	W1
d-Philadelphia	18	12	4	2	0	63	38	26	8-3-0-0	4-1-2-0	9-0-1-0	W3
d-Montreal	17	11	5	1	0	46	36	23	5-3-1-0	6-2-0-0	7-3-0-0	W3
NY Rangers	18	10	7	1	0	55	48	21	4-5-1-0	6-2-0-0	6-4-0-0	W3
Pittsburgh	19	9	8	2	0	58	52	20	3-5-1-0	6-3-1-0	4-5-1-0	L1
Boston	15	9	5	0	1	44	29	19	3-4-0-1	6-1-0-0	5-4-0-1	W1
Ottawa	18	9	8	1	0	46	53	19	5-4-0-0	4-4-1-0	7-3-0-0	L1
Tampa Bay	17	8	7	2	0	48	54	18	4-2-1-0	4-5-1-0	3-6-1-0	L3
Atlanta	18	7	8	1	2	57	67	17	3-4-0-1	4-4-1-1	4-4-0-2	L2
Buffalo	19	7	9	3	0	51	60	17	2-6-1-0	5-3-1-0	4-4-2-0	W2
Carolina	17	8	9	0	0	52	60	16	4-3-0-0	4-6-0-0	4-6-0-0	L2
Florida	15	7	8	0	0	44	40	14	5-2-0-0	2-6-0-0	5-5-0-0	L1
Toronto	16	5	8	1	2	35	47	13	3-4-1-1	2-4-0-1	1-7-0-2	L8
New Jersey	18	5	11	1	1	33	59	12	1-6-1-0	4-6-0-0	3-6-0-1	L1
NY Islanders	17	4	10	1	2	37	58	11	2-2-0-1	2-8-1-1	0-9-0-1	L10

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Los Angeles	15	12	3	0	0	47	28	24	8-0-0-0	4-3-0-0	8-2-0-0	W6
d-Detroit	15	11	3	0	1	51	37	23	7-1-0-1	4-2-0-0	7-2-1-0	W3
d-Vancouver	17	10	4	1	2	54	43	23	6-0-0-1	4-4-1-1	8-1-1-0	L1
Anaheim	19	10	7	1	1	50	57	22	7-1-0-1	3-6-1-0	7-2-1-0	L1
St. Louis	16	9	4	1	2	41	40	21	6-0-0-1	3-4-1-1	7-2-0-1	W1
Chicago	20	9	9	1	1	57	59	20	5-5-0-1	4-2-1-0	4-5-0-1	W1
Colorado	17	9	7	1	0	59	53	19	4-4-0-0	5-3-1-0	5-4-1-0	W1
Phoenix	17	7	5	4	1	47	63	19	4-2-2-1	3-3-2-0	5-3-1-1	W3
Columbus	15	9	6	0	0	41	38	18	5-5-0-0	4-1-0-0	6-4-0-0	L1
San Jose	15	8	4	3	0	42	37	18	5-2-2-0	3-3-0-0	6-3-1-0	W2
Minnesota	16	8	6	0	2	37	36	18	5-3-0-1	3-3-0-1	5-4-0-1	W1
Nashville	15	7	5	3	0	38	43	17	2-1-3-0	5-4-0-0	4-5-1-0	W2
Dallas	15	8	7	0	0	46	44	16	5-3-0-0	3-4-0-0	4-6-0-0	L3
Calgary	16	7	9	0	0	46	49	14	4-4-0-0	3-5-0-0	4-6-0-0	L2
Edmonton	16	4	9	1	2	42	66	11	2-4-0-0	2-5-1-2	2-5-1-2	L4

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Last night's results
Boston 3 New Jersey 0
Buffalo 4 Vancouver 3 (OT)
Philadelphia 5 Ottawa 1
N.Y. Rangers 3 Pittsburgh 2 (OT)
Colorado 6 St. Louis 3
Los Angeles at San Jose
Sunday's results
N.Y. Rangers 8 Edmonton 2
Chicago 3 Anaheim 2 (OT)
Minnesota 4 Tampa Bay 1
Washington 6 Atlanta 4
Tonight's games
(All times Eastern)
Nashville at Toronto, 7 p.m.
Philadelphia at Montreal, 7:30 p.m.
Anaheim at Dallas, 9 p.m.

FLYERS 5, SENATORS 1

First Period
1. Philadelphia, Briere 9 (Meszaros, O'Donnell) 8:43
2. Ottawa, Spezza 5 (Kovalev, Regin) 10:40
3. Philadelphia, Powe 3 (Timonen, Giroux) 12:17
Penalties — None.
Second Period
4. Philadelphia, Giroux 10 (Richards, Pronger) 18:31 (pp)
Penalties — Karlsson Ott (hooking) 6:16, Karlsson Ott (hooking) 9:55, Karlsson Ott (delay of game) 15:33, Ruutu Ott, Hartnell Pha (fighting) 17:07, Foligno Ott (goaltender interference) 18:05.
Third Period
5. Philadelphia, Richards 7, 6:13 (sh)
6. Philadelphia, Richards 8 (Coburn, Giroux) 7:43
Penalties — Briere Pha (tripping) 5:23, Neil Ott (cross-checking) 8:15.
Shots

Ottawa	9	11	9	29
Philadelphia	17	15	14	46

Goal — Ottawa: Elliott (L,9-5-0); Philadelphia: Bobrovsky (W,11-2-1). **Power plays (goals-chances)** — Ottawa: 0-1; Philadelphia: 1-5. **Att.** — 19,256 (19,537) at Philadelphia.

SABRES 4, CANUCKS 3 (OT)

First Period
1. Buffalo, Ennis 5 (Roy, Vanek) 8:22
2. Buffalo, McCormick 3 (Niedermayer, Grier) 17:02
Penalties — Niedermayer Buf (high-sticking) 3:27, Buffalo bench (too many men; served by Vanek) 13:33, D.Sedin Vcr (slashing) 13:47, Burrows Vcr (hooking) 14:47.
Second Period
3. Vancouver, D.Sedin 12 (Ehrhoff, H.Sedin) 7:18 (pp)
4. Buffalo, Montador 3 (Roy, Vanek) 13:25
Penalties — Hecht Buf (slashing) 6:17, Rome Vcr (interference) 15:02, Edler Vcr (tripping) 17:04.
Third Period
5. Vancouver, Edler 2 (H.Sedin, D.Sedin) 4:48 (pp)
6. Vancouver, Samuelsson 3 (D.Sedin, H.Sedin) 9:21
Penalties — Myers Buf (cross-checking) 4:29, Bieksa Vcr (boarding) 5:58, McCormick Buf (boarding) 18:39.
Overtime
7. Buffalo, Myers 5, 4:37
Penalties — None.
Shots

Vancouver	15	10	12	2—39
Buffalo	13	11	8	7—39

Goal — Vancouver: C.Schneider (L,3-0-1); Buffalo: Miller (W,5-5-2). **Power plays (goals-chances)** — Vancouver: 2-5; Buffalo: 0-5. **Att.** — 18,690 (18,690) at Buffalo, N.Y.

SCORING LEADERS

	G	A	PT
Stamkos, TB	15	13	28
Crosby, Pgh	12	15	27
Ovechkin, Wash	10	15	25
Semin, Wash	13	10	23
Perry, Ana	8	12	20
Backstrom, Wash	5	15	20
D.Sedin, Vcr	11	8	19
Sharp, Chi	10	9	19
Roy, Buf	8	11	19
Getzlaf, Ana	7	12	19
B.Richards, Dal	7	12	19
Selanne, Ana	7	12	19
St. Louis, TB	7	12	19
H.Sedin, Vcr	2	17	19

Not including last night's games

MLB

JACKIE ROBINSON AL ROOKIES OF THE YEAR

2010 - Neftali Feliz, Texas
2009 - Andrew Bailey, Oakland
2008 - x-Evan Longoria, Tampa Bay
2007 - Dustin Pedroia, Boston
2006 - Justin Verlander, Detroit
2005 - Huston Street, Oakland
2004 - Bobby Crosby, Oakland
2003 - Angel Berroa, Kansas City
2002 - Eric Hinske, Toronto

JACKIE ROBINSON NL ROOKIES OF THE YEAR

2010 - Buster Posey, San Francisco
2009 - Chris Coghlan, Florida
2008 - Geovany Soto, Chicago
2007 - Ryan Braun, Milwaukee
2006 - Hanley Ramirez, Florida
2005 - Ryan Howard, Philadelphia
2004 - Jason Bay, Pittsburgh
2003 - Dontrelle Willis, Florida
2002 - Jason Jennings, Colorado
x-unanimous selection

SOCCER

MLS PLAYOFFS

THIRD ROUND

Championship
MLS Cup
At Toronto
Sunday's game
(All times Eastern)
Colorado vs. FC Dallas, 8:30 p.m.

AUTO RACING

NASCAR SPRINT CUP

LEADERS

Through Nov. 14
Points
1, Denny Hamlin, 6,462. 2, Jimmie Johnson, 6,447. 3, Kevin Harvick, 6,416. 4, Carl Edwards, 6,198. 5, Matt Kenseth, 6,151. 6, Jeff Gordon, 6,124. 7, Kyle Busch, 6,115. 8, Greg Biffle, 6,113. 9, Tony Stewart, 6,074. 10, Kurt Busch, 6,033.
11, Clint Bowyer, 6,028. 12, Jeff Burton, 5,958. 13, Mark Martin, 4,249. 14, Jamie McMurray, 4,225. 15, Ryan Newman, 4,156. 16, Joey Logano, 4,139. 17, Juan Pablo Montoya, 4,060. 18, David Reutimann, 3,975. 19, Dale Earnhardt Jr., 3,871.
20, A J Allmendinger, 3,843.
Money
1, Jimmie Johnson, $6,985,278. 2, Jamie McMurray, $6,754,735. 3, Kurt Busch, $6,619,840. 4, Kevin Harvick, $6,583,433. 5, Kyle Busch, $6,179,655. 6, Denny Hamlin, $5,768,003. 7, Jeff Gordon, $5,593,405. 8, Tony Stewart, $5,536,480. 9, Matt Kenseth, $5,499,305. 10, Carl Edwards, $5,359,534.
11, Kasey Kahne, $5,141,037. 12, Jeff Burton, $5,079,210. 13, Joey Logano, $5,052,616. 14, David Reutimann, $4,997,681. 15, Juan Pablo Montoya, $4,989,625. 16, Greg Biffle, $4,879,912. 17, Ryan Newman, $4,872,760. 18, Clint Bowyer, $4,620,204. 19, A J Allmendinger, $4,601,096. 20, Dale Earnhardt Jr., $4,496,803.

GOLF

PGA TOUR

MONEY LEADERS

Final

Rank	Name	Trn	Money
1.	Matt Kuchar	26	$4,910,477
2.	Jim Furyk	21	$4,809,622
3.	Ernie Els	20	$4,558,861
4.	Dustin Johnson	23	$4,473,122
5.	Steve Stricker	19	$4,190,235
6.	Phil Mickelson	20	$3,821,733

Not including last night's games

NBA

EASTERN CONFERENCE

ATLANTIC DIVISION

	W	L	Pct	GB
Boston	8	2	.800	—
New Jersey	3	6	.333	4½
New York	3	7	.300	5
Philadelphia	2	8	.200	6
Toronto	2	8	.200	6

SOUTHEAST DIVISION

	W	L	Pct	GB
Orlando	7	3	.700	—
Atlanta	7	4	.636	½
Miami	6	4	.600	1
Charlotte	4	7	.364	3½
Washington	2	6	.250	4

CENTRAL DIVISION

	W	L	Pct	GB
Chicago	5	3	.625	—
Milwaukee	5	5	.500	1
Indiana	4	4	.500	1
Cleveland	4	5	.444	1½
Detroit	4	6	.400	2

WESTERN CONFERENCE

SOUTHWEST DIVISION

	W	L	Pct	GB
New Orleans	8	1	.889	—
San Antonio	8	1	.889	—
Dallas	7	2	.778	1
Memphis	4	7	.364	5
Houston	3	6	.333	5

NORTHWEST DIVISION

	W	L	Pct	GB
Utah	7	4	.636	—
Oklahoma City	6	4	.600	½
Portland	6	5	.545	1
Denver	5	5	.500	1½
Minnesota	3	9	.250	4½

PACIFIC DIVISION

	W	L	Pct	GB
L.A. Lakers	8	2	.800	—
Golden State	6	4	.600	2
Phoenix	6	4	.600	2
Sacramento	3	6	.333	4½
L.A. Clippers	1	9	.100	7

Last night's results
Charlotte 113 Minnesota 110
Orlando 89 Memphis 72
Dallas 98 New Orleans 95
Phoenix 100 Denver 94
Oklahoma City 115 Utah 108
Detroit at Golden State
New Jersey at L.A. Clippers
Sunday's results
Atlanta 111 Minnesota 105
Detroit 100 Sacramento 94
San Antonio 117 Oklahoma City 104
Houston 104 New York 96
Phoenix 121 L.A. Lakers 116
Tonight's games
(All times Eastern)
Philadelphia at Cleveland, 7 p.m.
Atlanta at Indiana, 7 p.m.
Toronto at Washington, 7 p.m.
Portland at Memphis, 8 p.m.
L.A. Lakers at Milwaukee, 8 p.m.
Chicago at Houston, 8:30 p.m.
New York at Denver, 9 p.m.

SCORING AVERAGE

	G	FG	FT	PTS	AVG
Durant, OKC	9	84	71	254	28.2
Ellis, GOL	10	101	52	265	26.5
Gay, MEM	10	101	32	252	25.2
Bryant, LAL	10	84	69	252	25.2
Anthony, DEN	9	86	43	225	25.0
Wade, MIA	10	81	74	247	24.7
Martin, HOU	9	63	73	217	24.1
Westbrook, OKC	9	67	77	213	23.7
Rose, CHI	8	73	36	189	23.6
Gasol, LAL	10	94	44	232	23.2
Nowitzki, DAL	8	71	39	182	22.8
Richardson, PHX	9	79	12	201	22.3
James, MIA	10	70	75	223	22.3
Granger, IND	8	66	24	177	22.1
Scola, HOU	9	79	41	199	22.1
Gordon, LAC	8	62	46	176	22.0
Millsap, UTA	10	90	36	219	21.9
Howard, ORL	9	69	56	194	21.6
Ginobili, SAN	9	60	46	192	21.3
Williams, UTA	10	71	58	213	21.3

Not including last night's games

TRANSACTIONS

BASEBALL

AMERICAN LEAGUE

BOSTON RED SOX—Claimed RHP Taylor Buchholz off waivers from Toronto.
CLEVELAND INDIANS—Agreed to terms with RHP Anthony Reyes on a minor league contract.

NATIONAL LEAGUE

ARIZONA DIAMONDBACKS—Named Billy Ryan assistant general manager. Announced the resignation of director of player development Rico Brogna. Promoted Mike Bell from minor league coordinator to director of player development. Agreed to terms with INF Geoff Blum on a two-year contract.
MILWAUKEE BREWERS—Named Rick Kranitz pitching coach, Jerry Narron bench coach, Garth Iorg first-base/infield coach, Ed Sedar baserunning coach and third base coach, and John Shelby outfield instructor/eye in the sky and Josh Seligman strength and conditioning specialist.
PHILADELPHIA PHILLIES—Named Ryne Sandberg manager of Lehigh Valley (IL). Agreed to terms with RHP Jose Contreras on a two-year contract.
PITTSBURGH PIRATES—Named Clint Hurdle manager.

CAN-AM LEAGUE

BROCKTON ROX—Traded RHP Hunter Davis to Grand Prairie (AA) for a player to be named.
WORCESTER TORNADOES—Traded C Craig Maddox to Lake Erie (Frontier) for C Julio Rivera.

FOOTBALL

NFL

GREEN BAY PACKERS—Signed LB Robert Francois to the practice squad.

HOCKEY

NHL

NEW YORK ISLANDERS—Fired coach Scott Gordon. Named Jack Capuano interim coach.
PHOENIX COYOTES—Recalled D Nolan Yonkman from San Antonio (AHL). Assigned D Garrett Stafford to San Antonio.
TAMPA BAY LIGHTNING—Reassigned F Marc-Antoine Pouliot to Norfolk (AHL).

AHL

LEAGUE OFFICE—Suspended Albany LW Louis Robitaille for one game as a result of his actions in a Nov. 13 game at Portland.

LACROSSE

NLL

MINNESOTA SWARM—Re-signed F Callum Crawford and F Kevin Ross to three-year contracts, F Sean Thomson to a two-year contract and D Brock Boye and F Marc Jackson to one-year contracts.

SOCCER

MLS

D.C. UNITED—Terminated the contract of F Danny Allsopp.
NEW ENGLAND REVOLUTION—Signed M/F Diego Fagundez.

CFL

WEEK 21

Sunday's games
Division Finals
(All times Eastern)
EAST DIVISION
Toronto at Montreal, 1 p.m.
WEST DIVISION
Saskatchewan at Calgary, 4:30 p.m.

NFL

AMERICAN CONFERENCE

EAST

	W	L	T	Pct	PF	PA
New England	7	2	0	.778	258	214
N.Y. Jets	7	2	0	.778	208	150
Miami	5	4	0	.556	172	192
Buffalo	1	8	0	.111	164	245

SOUTH

	W	L	T	Pct	PF	PA
Indianapolis	6	3	0	.667	240	185
Tennessee	5	4	0	.556	241	179
Jacksonville	5	4	0	.556	196	250
Houston	4	5	0	.444	217	257

NORTH

	W	L	T	Pct	PF	PA
Baltimore	6	3	0	.667	196	165
Pittsburgh	6	3	0	.667	200	164
Cleveland	3	6	0	.333	172	182
Cincinnati	2	7	0	.222	184	213

WEST

	W	L	T	Pct	PF	PA
Oakland	5	4	0	.556	235	188
Kansas City	5	4	0	.556	212	194
San Diego	4	5	0	.444	239	197
Denver	3	6	0	.333	203	252

NATIONAL CONFERENCE

EAST

	W	L	T	Pct	PF	PA
Philadelphia	6	3	0	.667	257	209
N.Y. Giants	6	3	0	.667	236	193
Washington	4	5	0	.444	183	229
Dallas	2	7	0	.222	194	252

SOUTH

	W	L	T	Pct	PF	PA
Atlanta	7	2	0	.778	222	175
New Orleans	6	3	0	.667	201	151
Tampa Bay	6	3	0	.667	188	206
Carolina	1	8	0	.111	104	215

NORTH

	W	L	T	Pct	PF	PA
Chicago	6	3	0	.667	175	146
Green Bay	6	3	0	.667	221	143
Minnesota	3	6	0	.333	169	195
Detroit	2	7	0	.222	215	202

WEST

	W	L	T	Pct	PF	PA
Seattle	5	4	0	.556	166	199
St. Louis	4	5	0	.444	160	164
San Francisco	3	6	0	.333	160	198
Arizona	3	6	0	.333	175	261

WEEK 10

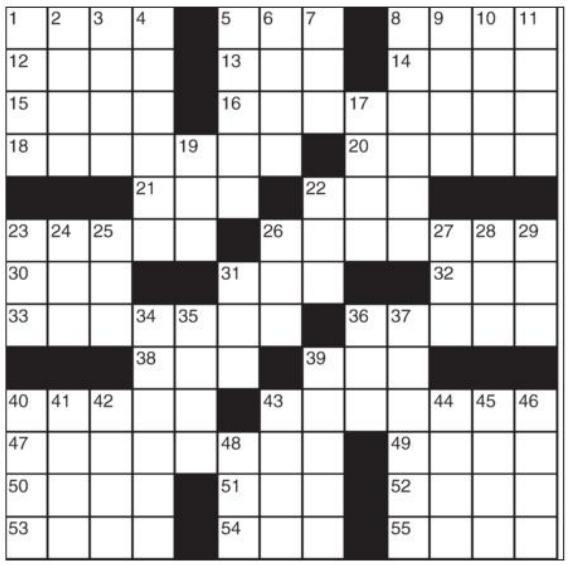
Byes: Green Bay, New Orleans, Oakland, San Diego
Last night's result
Philadelphia 59 Washington 28
Sunday's results
Buffalo 14 Detroit 12
Chicago 27 Minnesota 13
Dallas 33 N.Y. Giants 20
Denver 49 Kansas City 29
Indianapolis 23 Cincinnati 17
Jacksonville 31 Houston 24
Miami 29 Tennessee 17
N.Y. Jets 26 Cleveland 20 (OT)
San Francisco 23 St. Louis 20 (OT)
Seattle 36 Arizona 18
Tampa Bay 31 Carolina 16
New England 39 Pittsburgh 26

WEEK 11

Thursday's game
(All times Eastern)
Chicago at Miami, 8:20 p.m.
Sunday, Nov. 21
Detroit at Dallas, 1 p.m.
Oakland at Pittsburgh, 1 p.m.
Washington at Tennessee, 1 p.m.
Houston at N.Y. Jets, 1 p.m.
Buffalo at Cincinnati, 1 p.m.
Arizona at Kansas City, 1 p.m.
Cleveland at Jacksonville, 1 p.m.
Baltimore at Carolina, 1 p.m.
Green Bay at Minnesota, 1 p.m.
Atlanta at St. Louis, 4:05 p.m.
Seattle at New Orleans, 4:05 p.m.
Tampa Bay at San Francisco, 4:05 p.m.
Indianapolis at New England, 4:15 p.m.
N.Y. Giants at Philadelphia, 8:20 p.m.
Monday, Nov. 22
Denver at San Diego, 8:30 p.m.

THE BEST THING TO HAPPEN TO THE IPHONE SINCE OUR LAST APP!
NEW Crossword and Suduko updated daily.
Available on the App Store
metro play

Crossword



Across
1 Fizzled out
5 Cable channel
8 Fax or text
12 Small amount
13 Zero
14 "Star Trek: TNG" counselor
15 Ugly duckling, eventually
16 Circus organ
18 Mineral in milk
20 Beginning
21 Dine on
22 Wapiti
23 Rear of a ship
26 Island music style
30 Moray, for one
31 PETA concern
32 Mess up
33 Heat measure
36 Eagle's home
38 Actress Courteney
39 Blend
40 Cruising
43 Pasadena school
47 Squid
49 Distorted
50 PC picture
51 Dickens pseudonym
52 Requisite
53 Feet, slangily
54 Shock and —
55 Genealogy chart

Down
1 Platter
2 Corn Belt state
3 And others (Lat.)
4 Dasher's yokemate
5 Entire
6 Thailand, once
7 Entirety
8 Olfactorily offensive
9 Cupid's alias
10 "Unh-unh"
11 Regimen
17 Lounge around
19 Author Fleming
22 Listener
23 Moment
24 Earl Grey, e.g.
25 Right angle
26 Pool stick
27 Apiece
28 — Lanka
29 Raw rock
31 Repair
34 Atlantic and Pacific
35 Wander
36 Have a bug
37 Still existing
39 Corn
40 Alkali neutralizer
41 Mexican entree
42 Trudge (through)
43 Boast
44 Basin accessory
45 Algonquian tribe
46 Stevenson villain
48 Lawyers' org.

▶ Yesterday's answer

D	O	O	M		A	D	S		A	M	O	K
E	S	P	Y		L	Y	E		R	A	I	N
A	L	A	R		T	E	N	T	A	C	L	E
F	O	L	I	A	R		D	E	B	A	S	E
			A	G	U	A		A	I	R		
T	E	N	D	R	I	L	S		C	O	P	S
A	V	A		A	S	T	I	R		N	U	T
B	E	T	A		T	E	N	A	C	I	T	Y
		I	R	K		R	I	G	A			
E	R	O	T	I	C		S	E	E	T	H	E
T	E	N	E	M	E	N	T		S	H	I	A
N	E	A	R		D	O	E		A	R	E	S
A	L	L	Y		E	R	R		R	U	D	E

Sudoku

		1				7		
		2	3		7	1		
7				1				8
	3	8	7		4	5	6	
	1	9	5		8	2	7	
8				2				3
		5	8		1	9		
		6				8		

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

1	6	9	7	5	3	8	2	4
5	3	2	9	4	8	1	6	7
7	8	4	6	1	2	9	5	3
4	7	8	5	9	6	3	1	2
2	5	6	1	3	4	7	9	8
3	9	1	2	8	7	5	4	6
8	4	5	3	2	9	6	7	1
9	2	7	8	6	1	4	3	5
6	1	3	4	7	5	2	8	9

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

My dearest Bmo. I love you more than life itself, having you in my life these past 3 yrs have been the happiest moments I couldve ever hoped for. I miss you and Love you. Please forgive me.
DREW

To my Countie. Happy 35th birthday. I hope you have a super wonderful day. I love you very much, and it is so great to have known you for 10 of your 35 years..
LPH

Dear Arsa, The next time I see you is when you're officially a doctor. Come home and fix my aching heart. I miss you and I love you loads
YOUR BOBO.

Cubby, no illness can get in our way! Get better soon...there is lots of hugs and kisses waiting for you. I love you.
KITTY XOXO

A look at the weather

TODAY	WEDNESDAY	THURSDAY
Min -3° Max -3°	Min -13° Max -8°	Min -14° Max -8°

Andrew Schultz, Meteorologist
"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta". **WEEKDAYS 6AM**

BT BREAKFAST TELEVISION

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 You must make up your mind soon about whether to make an emotional commitment, because when the Sun changes signs on the 22nd the matter will no longer be in your hands.

♉ Taurus April 21-May 21 The Sun in your opposite sign of Scorpio has brought its share of partnership problems but there's been nothing you have not been able to handle. Even the best relationships must be tested.

♊ Gemini May 22-June 21 Get your personal life sorted, because in a matter of days you will be too busy dealing with other people's problems to worry about your own.

♋ Cancer June 22-July 22 How much can you achieve in 24 hours? You may have a lot to get through today but if you make a game of it you may be surprised how fast you can move.

♌ Leo July 23-Aug.23 A week or so from now you will be in a position to come and go as you please, but today there is something you must do for a loved one who is stuck in the past. Show them the best way to move forwards.

♍ Virgo Aug. 24- Sept. 22 Wherever you go and whatever you do over the next 24 hours make sure you have a pen and paper by your side at all times. Ideas will come to you when you least expect it.

♎ Libra Sept. 23-Oct. 23 Don't be too hard on yourself if you have spent too much money in recent weeks. You may now be feeling the pinch but you had a lot of fun too, so it was cash well spent.

♏ Scorpio Oct. 24-Nov. 22 The Sun leaves your sign on the 22nd, so you have less than a week to bring an important project to a successful conclusion. You're a Scorpio – you can do it if you try.

♐ Sagittarius Nov. 23-Dec. 21 At this time of year you should be winding down, not speeding up, so don't take on anything new over the next few days. Save your energy – you will need it early next week.

♑ Capricorn Dec. 22-Jan. 20 The more you try to please someone the more distant and unfriendly they seem to get. Maybe you should take the hint and leave them alone.

♒ Aquarius Jan. 21-Feb. 18 You have done well in your work over the past few weeks and you will do even better over the next few days. If you stand out from the crowd you may even get a promotion.

♓ Pisces Feb. 19-March 20 Over the past three weeks or so you have discovered that you are capable of a lot more than you imagined. What can you do to amaze the world today? So do it.
SALLY BROMPTON

Caption contest

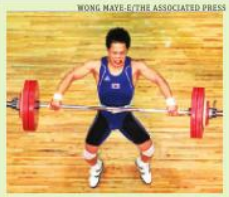
ALASTAIR GRANT/THE ASSOCIATED PRESS

WIN!

You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

WONG MAYE-E/THE ASSOCIATED PRESS



THE BEST THING TO HAPPEN TO THE IPHONE SINCE OUR LAST APP!
NEW Crossword and Suduko updated daily.
Available on the App Store
metro play

COP
CANADA OLYMPIC PARK
winSPORT CANADA
snowCARD
ONE FREE DAY | $39.99 +GST
403.247.5452 | winsportcanada.ca
ON SALE NOW!

AIR CANADA VACATIONS

Deals of the week

UP TO 5,000 BONUS AEROPLAN® MILES[1]
aircanada.com/extravelganza

MEXICO

Puerto Vallarta/Riviera Nayarit

Crown Paradise Club Puerto Vallarta • 4★
All-Inclusive • Standard rm.
Nov. 27 • 1 wk.
$629
+Taxes & other fees: $281

Ixtapa/Zihuatanejo

Krystal Ixtapa • 4★
All-Inclusive
Deluxe rm.
Jan. 8, 15 & 29 • 1 wk.
$1059
+Taxes & other fees: $256

Barceló Ixtapa Beach • 4★
All-Inclusive
Superior rm.
Dec. 25 • 1 wk.
$1759
+Taxes & other fees: $281

JAMAICA

Sunset Jamaica Grande Resort & Spa • 4★
All-Inclusive
Traditional standard rm.
Dec. 20 • 1 wk.
FREE upgrade to oceanfront rm.
PRIVILEGES
$1229
+Taxes & other fees: $281

DOMINICAN REPUBLIC

Punta Cana

Occidental Grand Punta Cana • 4★
All-Inclusive • Junior suite
Jan. 4 – 25 • 1 wk.
$1299
+Taxes & other fees: $152

MEXICO

Cancun/Riviera Maya

Gran Bahia Principe Tulum • 5★
All-Inclusive • Standard rm.
Jan. 30 • 1 wk.
PRIVILEGES
$1299
+Taxes & other fees: $245

CUBA

Varadero

Allegro Varadero • 3★
All-Inclusive
Superior rm.
Jan. 9 – 23 • 1 wk.
$979
+Taxes & other fees: $153

Sirenis La Salina Varadero Beach Resort • 4★
All-Inclusive
Standard rm.
Jan. 9 – 23 • 1 wk.
$1099
+Taxes & other fees: $153

Santa Clara

Barceló Cayo Santa Maria Beach Resort • 4★
All-Inclusive
unior suite
Jan. 8 – 22 • 1 wk.
$999
+Taxes & other fees: $153

USA

San Francisco

Hotel Whitcomb • 3★
Double guest rm.
Jan. 10 – 31 • 3 nts.
$529
+Taxes & other fees: $121

HAWAII | Maui

Maui Coast Hotel • 3★
Double deluxe rm.
Jan. 10 • 1 wk.
$999
+Taxes & other fees: $115

CRUISE

Royal Caribbean International[2]

Serenade of the Seas®
Southern Caribbean Cruise
Flight to San Juan via Toronto
Oceanview stateroom, cat. H
Jan. 15 • 1 wk.
$1369
+Taxes & other fees: $150

CUBA

Varadero

Meliá Varadero • 4★
All-Inclusive • Standard rm.
Jan. 9 & 16 • 1 wk.
PRIVILEGES
$1249
+Taxes & other fees: $153

Santa Clara

Royal Hideaway Ensenachos • 5★
All-Inclusive • Royal spa premium rm.
Jan. 1 – 22 • 1 wk.
PRIVILEGES
$1379
+Taxes & other fees: $153

Midnight RUSH

One mystery destination in Mexico will be on SUPER SALE
Thursday at MIDNIGHT (EST) to Friday at 9 a.m. (EST)
Only on aircanadavacations.com

CONNECT FREE[3] • Edmonton • Lethbridge • Nanaimo • Regina • Saskatoon • Kelowna • Kamloops

PRIVILEGES
FREE advance seat selection and exclusive features

aeroplan
Rewarding Life
Earn up to 5,450 Aeroplan® Miles per member†

Find us on facebook
twitter

Fly in style – Upgrade to Executive Class® service or Comfort Plus seating on select flights

Cuba

aircanadavacations.com
Call 1 866 529-2079 or your travel agent

All travellers, foreign and Cubans living abroad, must have a medical insurance policy when travelling to Cuba. Departure taxes are extra and must be paid locally: Costa Rica, 26 USD cash; Cuba, 25 CUC cash. Prices in this ad are in Canadian dollars and are valid for bookings made between Nov. 16 & 20, 2010, inclusive. Prices are per person based on double occupancy, unless otherwise stated, from Calgary International Airport. Air & Hotel packages to the Caribbean, Cuba, Costa Rica and Mexico include return flight, the hotel as described and transfers at destination. Air & Cruise vacations include return flight and the cruise as described. Vacations to Europe and the USA include return flight and hotel as described. New bookings only. For dates shown only. Non-refundable. Limited quantity. Subject to availability at time of booking. Not applicable to group bookings. Sale prices reflect applicable reductions, are subject to change without notice and cannot be combined with any other offer or promotion. Further information available from a travel agent. Flights operated by Air Canada. For applicable terms and conditions, consult the Air Canada Vacations brochures or www.aircanadavacations.com. †Unless otherwise indicated, Aeroplan Miles indicated are based on roundtrip Economy class per passenger from Calgary to San Juan via Toronto, are awarded on flight-inclusive travel only, and are per Aeroplan member. For the amount of Aeroplan Miles that can be earned when flying to other destinations, visit www.aircanadavacations.com. For terms and conditions of the Aeroplan program, consult www.aeroplan.com. ■ [1]To qualify for the Air Canada Extravelganza promotion, you must be an Aeroplan Member and you must register by Dec. 15, 2010. A one-time registration for all offers is required and can be completed online at www.aircanada.com/extravelganza or by calling 1 800 342-8026. Applicable for travel between September 15 and December 15 2010 on eligible flights operated by Air Canada and Jazz. This promotion is subject to change without notice and cannot be combined with any other offer or promotion. The Bonus Aeroplan Miles earned are not Air Canada Status Miles and do not count towards Air Canada Top Tier status. For complete details, terms and conditions visit www.aircanada.com/extravelganza. [2]Royal Caribbean International Ltd. ships' registry: The Bahamas. [3]Available in conjunction with flight-inclusive packages. Non-stop flights via Vancouver. Excluding USA & Europe destinations. ■ [4]Aeroplan is a registered trademark of Aeroplan Canada Inc. [5]Air Canada Vacations is a registered trademark of Air Canada, used under license by Touram Limited Partnership. Visit www.aircanadavacations.com for up-to-date information.